



Adopt-a-Soldier Platoon / Base Product List / November 09

Note: These gifts are for special people.

- **No freebies from hotels (travel size ok), Smaller sizes actually best since they can travel better.**
- **No giant size please (except for coffee which can be shared at a coffee machine)**
- **No garage sale giveaways, no emptying your closet or drawers!**
- **Watch code dates please. We're not looking to "unload" stuff on our troops, ok?**
- **Top brands only please.**
- **NO AEROSOLS of any kind.**
- **We prefer quality over quantity. Nicely packaged, perfect condition, nice stuff!**

And – Please - Give as you would to a son or daughter or best friend. THANK YOU!

Food and Snacks (No chocolate during warm season)

Coffee (top brands, such as Dunkin Donuts, Folgers, Starbucks, etc.)

Domino sugar bags (some units like single packs, others 5 lb bags ok)

Splenda and Equal (pkgs of single packs are great)

Coffee Mate (single and bulk ok)

Ramen Noodles (chicken a preference)

Beef jerky

Slim Jims

Trail mix

Oatmeal (Quaker or Kashi)

Power Bars

"Unsweetened" dried mango and papaya (trader joe's or health food store)

Raisins

Pita chips

Harvest crisp, Nabisco: vegetable medley or tomato basil

Mild and medium salsa

Whole wheat tortilla chips

Flax seed and barley

Fruit roll-ups

Fruit loops

Cookie crisps

Kashi Go Lean oatmeal

Hummus in a can

Crystal light single packs: orange, strawberry, peach tea

Plain brown rice: microwave ready

Slim-Fast Diet bars/ high protein: chocolate, PB

Cashews, Almonds and fancy nuts

Microwave popcorn (regular and reduced fat)

Mac and Cheese

Skippy peanut butter

Tuna meals in packs or cans

protein bars – low fat and low cal

Candy

Bubble gum

Cookies

Crackers – Ritz, Triscuits, Wheat Thins, etc.
Pretzels
Goldfish
Small Pringles cans
Blue and Purple powdered Gatorade
Crystal Lite and Lipton Tea 2 Go water bottle stix

Personal Care Items

Baby Powder - corn starch, non-scented
AXE deo, shower gel, hair products
Purel hand cleaner
Disposable Razors
Vaseline Lip Balm
Foot Powder, Anti-fungal, non-aerosol
Q-Tips
Baby wipes
Band-aids
Advil
Sunscreen (non-greasy please)
Bug repellent
Tissues in packs
Toothpaste
Tooth Brushes
Dental floss
Listerine mouth wash in small sizes
Small shaving gel (ie. Edge or Gillette) NO AEROSOLS

Other

Xbox 360 games (new or excellent condition)
Disposable video cameras
Disposable regular Cameras
Dry Erase Markers for the hospitals
Sharpies (in any and all colors)
Small flashlights (but decent quality like MagLites that won't break or go out easily)
Magazines (Women's and Men's Fitness, Fishing, Hunting, Sports Illustrated or Car & Driver, , etc.
No politics, news magazines)
AA, AAA, 9V, C & D batteries
White athletic socks
Loose fitting lounge pants or shorts
Books on CDs for visually impaired in hospital
Music CDs
DVDs (used in excellent condition ok)
Playing Cards
Small electronic games
Sudoku games and paperbacks

For Female Soldiers

Kotex ultra-thin maxi pads w/wings
Facial cleansers
Liquid body soap (Dove, Caress or quality brands only please)
Feminine body wash and scented body lotion (same – premium brands please)
Hair ties (brown, black, tan)
Disposable Razors or replacements to some of the commonly sold razors
Shaving gel
Nair

Deodorant
Sports bras
Hair pins
Manicure sets (nail clippers, nail files, cuticle clippers, etc)
Toothpaste
Mouthwash
Toothbrushes
Floss
Female Magazines
Crystal Light (Peach Tea)

For Iraqi Children

Pencils
Pens
Crayons
Markers
Rulers
Scissors
School bags (new only)
Stuffed animals (NEW ONLY! No used, closet animals please!)
Beanie Babies (OK in perfect, like-new condition only!)
Sneakers (new only!)
Pants and dresses for children 4 mos to 15 yo
Long sleeve t-shirts

For the Combat Support Hospitals

These are some of the items that are always needed at the CSH for soldiers and the wounded warriors:

Men's boxer briefs: Med-Lg
Women's black bikini/hipster underwear: Sm-Lg
White above the ankle socks
Black boot socks: wicking material, cushioned, thin
Men's lounge pants: Med-XL
Women's black yoga style pants: Sm-Lg
Sports bras: supportive, white/black solids (champion, Asics, Nike)
Female: tank tops, shelf bra tank tops: Sm-Lg

"Unsweetened" dried mango and papaya (trader joe's or health food store)

Raisons
Pita chips: garlic
Harvest crisp, Nabisco: vegetable medley or tomato basil
Mild and medium salsa
Whole wheat tortilla chips
Flax seed and barley
Fruit roll-ups
Fruit loops
Cookie crisps
Kashi Go Lean oatmeal
Hummus in a can
Crystal light single packs: orange, strawberry, peach tea
Plain brown rice: microwave ready
South Beach Diet bars/ high protein: chocolate, PB
Abba shampoo and cond and leave-in conditioner
eye cream for puffy eyes
Regular sized shampoo any brand
Shaving gel male and female (Aerosols not allowed in mail)

Almay: Oil control pressed powder (light-med), Neutrogena: healthy defense sheer make-up, skin clearing oil-free compact foundation flawless blemish treatment, pressed powder skin clearing oil free.

Liquid body soap

Scrub puffs

Eye cooling mask