

# Items for Care Packages for Deployed Soldiers

April 2009

Below is a new list supplied by Marilyn Meyers (541) 926-4606, Care Package Director for the Oregon Chapter of Operation Homefront. Your contributions may be dropped off at Republican Headquarters, 980 NW Circle Blvd (behind Citizens Bank) in Corvallis or at the Red Caboose, across from US Bank on SW Ellsworth, in Albany. Thank you.

## Food items (this is something the troops really like to get)

- Bean Dip, Salsa & Chips
- Beef Jerky
- Breakfast Bars
- Cup of Soup (just add water)
- Canned Soups (with pull top lids)
- Canned Chicken (with pull top lids)
- Canned Fruit (with pull top lids)
- Cookies (in small packages or homemade wrapped in clear plastic wrap, no chocolate in the summer; it will melt)
- Coffee (instant, freeze dried or packets)
- Crackers (plain, flavored, with cheese, Ritz, etc.)
- Fruit Snacks (individual pocket-sized packets)
- Granola Bars
- Hot Chocolate or Hot Cider
- Individual Drink Mixes (to be added to bottled water)
- Instant Oatmeal
- Microwave Popcorn
- Pretzels (individual pocket-sized packets)
- Powdered Drink Mixes (that can be added to bottled water)
- Raisins (individual pocket-sized packets)
- Salted Nuts (individual pocket-sized packets)
- Snack Foods (individual pocket-sized packets)
- Sunflower Seeds (individual pocket-sized packets)
- Trail Mix (individual pocket-sized packets)
- Tuna in Foil Pouches or Tuna & Crackers
- Sugar and cream packets

## Items to help with off time:

- Batteries: AA and AAA
- Canned air (to clean dust and sand from computers, weapons and other equipment)
- CD's containing Ipod or MP3 music
- CD's Music (new or used)
- DVD Movies (new or used - no war movies)
- Games (small travel size are best)
- Ink Pens (new or used as long as they write)
- Magazines
- OREGON NEWS PAPERS
- Paperback Books
- School Supplies and Toys (to hand out to local children)
- Small mirrors (like for lockers)
- Spiral Note Book (pocket size)

## Personal Hygiene

- Athlete's Foot Treatment
- Baby Wipes
- Dental Floss
- Deodorant
- Disposable Razors
- Eye Drops
- Mouth Wash
- Shampoo
- Shaving Lotion for Men
- Shower Body Wash
- Body Powder (small containers)
- Foot Powder (small containers)
- Tooth Brush
- Tooth Paste
- Wash Cloths

## Comfort Items

- Band-Aid's
- Boot Socks (White or black, no company logo)
- Bug Repellents
- Eye Drops
- Hand and Body Lotion
- Nail Clippers
- Neosporin (or generic brand)
- Pain Relievers (Advil, Ibuprofen, Tylenol or other in small bottles)
- Vitamins

## Females Like and Need:

- Bobby Pins
- Claw Clips
- Hair Clips (for brown, black and blond hair)
- Colorful Wash Cloths or Shower Sponges
- Facial Cleanser
- Feminine Smelling Deodorant
- Feminine Disposable Razors
- Feminine Protection (tampons, maxi pads or both)
- Feminine Shampoo & Conditioner
- Feminine Shaving Lotions
- Feminine Smelling Body Wash for Showers
- Hair Ties (brown, black or tan)
- Midol (or something for cramps)
- Nail Files
- Small Mirrors (locker size)
- Tweezers

Thank you,  
Operation Homefront Oregon and  
Benton County Republican Women