

HELP US SUPPORT

the mental health of our deployed Military by collecting items for care packages!



Hygiene and Personal Care:

- Deodorant
- □ Toothpaste
- □ Toothbrush
- □ Shampoo/Conditioner
- □ Body Wash
- □ Wet Wipes
- □ Female Hygiene Products
- □ Hand Warmers
- Manicure Set
- □ Collapsible Backscratcher
- □ Socks
- Hand Sanitizer
- □ Cleaning Cloths/Spray (for glasses/goggles)

Snack Items:

- □ Protein Bars
- Jerky or Meat Sticks
- □ Sunflower Seeds
- □ Freeze-Dried Fruit (Single Serve)
- Hot Sauce Packets
- Peanut Butter or Nutella (Single Serve)
- □ Single-Serve Cereals (Boxes or Cups, no bags as they crush)
- □ Pop-Tarts
- □ Nuts/Trail Mix (Single Serve)
- □ Tuna Salad Kit with Crackers
- Chicken Salad Kit with Crackers
- Powdered Drink Mixes Like Crystal Light or Sports Drinks (Single Serve)
- □ Gum
- □ Candy

Down-Time Items:

- □ Small Balls or Footballs
- Puzzle Books

- □ Travel-Sized Games
- □ Coloring Books
- □ Pens/Pencils
- Colored Pencils
- Pencil Sharpeners

Visit the soldiersangels.org/gocamo to view the full list of items

DISCLAIMER

All food items must be store-bought and AVOID the following items as we will not include them:

- NO AEROSOLS or SPRAYS IN CANS
- NO GLITTER
- No Pork or Pork By-Products (Slim Jims are OK)

- Sharp Objects (Knives, Tools, Safety Pins, etc.)
 Adult content/Media or other culturally sensitive material
- Bagged Potato Chips (they are too easily crushed)
- Unwrapped Candies
- Nail Polish



WWW.SOLDIERSANGELS.ORG/GOCAMO