

**SUPPORTGEAUGAMILITARY.COM – DONATION LIST**

<p><b>TOILETRIES:</b></p> <ul style="list-style-type: none"> <li>• Hand wipes (hard/small case)</li> <li>• Toothpaste &amp; toothbrushes</li> <li>• Shampoo</li> <li>• Deodorant</li> <li>• Soap, anti-bacterial soap</li> <li>• Hand sanitizer (post office may not allow per alcohol content)</li> <li>• Body wash</li> <li>• Skin lotion</li> <li>• Shaving cream</li> <li>• Disposable/Electric/Battery-operated razors</li> <li>• Toilet Paper</li> <li>• Facial tissues (travel packs)</li> </ul>	<p><b>PERSONAL CARE:</b></p> <ul style="list-style-type: none"> <li>• Sunblock</li> <li>• Aloe Vera</li> <li>• Throat lozenges</li> <li>• Eye Drops (for eye irritation from the sand!)</li> <li>• Lip balm</li> <li>• Saline nasal spray</li> <li>• Cotton Swabs</li> <li>• Jock itch ointment</li> <li>• Athlete's foot ointment</li> <li>• Boot liners/insoles</li> <li>• Foot powder (travel size)</li> <li>• Laundry soap (powder, not liquid - travel or trial sizes are best for portability)</li> <li>• Feminine Hygiene products</li> </ul>
<p><b>COMMUNICATIONS:</b></p> <ul style="list-style-type: none"> <li>• Small pads of paper</li> <li>• Pens</li> <li>• Envelopes</li> <li>• Single-use cameras</li> </ul>	<p><b>FUN:</b></p> <ul style="list-style-type: none"> <li>• Decks of cards</li> <li>• Hand-held games</li> <li>• Frisbees, Nerfs, Hacky Sacks, Volley Balls, Footballs, etc.</li> </ul>
<p><b>FOOD:</b></p> <p>Note: pork and pork by-products, fruit and yeast are not allowed to be shipped to the Middle East</p> <p>Non-perishable foods only - Small containers</p> <p>- Things that don't spoil or melt</p> <p>Low sugar - Light weight (non-hydrated items are better)</p> <ul style="list-style-type: none"> <li>• Coffee/Tea/Cocoa</li> <li>• Lemonade/Gatorade/Tang/Kool-Aid (pre-sweetened)</li> <li>• Gum/Mints</li> <li>• Nuts/Trail Mix</li> <li>• Power Bars/Protein Bars/Energy Bars</li> <li>• Beef jerky/Beef summer sausage (no pork - must be labeled USDA Beef)</li> <li>• Pop Tarts</li> <li>• Cereal/Granola Bars</li> <li>• Cookies, Homemade cookies</li> <li>• Candy/Candy Bars (nothing that will melt)</li> </ul>	<p><b>OTHER:</b></p> <ul style="list-style-type: none"> <li>• Batteries</li> <li>• Photos from home</li> <li>• Newspaper clippings, comics, news from home</li> <li>• Books &amp; Magazines (some printed material may not be allowed to be shipped)</li> <li>• Sunglasses</li> <li>• Eyeglass wipes</li> <li>• Socks - Socks - Socks</li> <li>• Underwear/T-shirts</li> <li>• Green boot socks (military surplus stores)</li> <li>• Tactical duct tape (military green, tan, black, gray)</li> <li>• Electrical tape</li> <li>• Flashlight with a red lens</li> <li>• 1 and 2 gallon ziploc plastic bags</li> </ul> <p>Beanie babies – troops give them to kids in hospitals, etc. and are instant heroes!</p>