

Adopt a Soldier - Items to Donate (courtesy of HomeschoolPatriot.com)

The Adopt-a-GI program is a godsend to our service men and women. Your care packages bring joy to more than just one soldier. It doesn't matter if any of the items in your box are duplicated, because they share the contents around. Below is a list of suggestions but feel free to add ideas of your own.

- Toiletries (soap, shampoo, disposable razors, shaving cream, lotion, body wash, deodorant stick, sunscreen, cotton balls, Q-tips, lip balm, toothbrushes/paste, mouthwash, dental floss, travel-size tissue packs, toilet paper, baby wipes, nail clippers, combs, eye drops, foot powder, NO aerosols)
- First Aid Kit (pocket-size), Advil, Tylenol, cough drops, Neosporin, Band-Aids
- Eyeglass repair kit, lens cleaning wipes
- Insect repellent (lotions, creams, gels, non-aerosol sprays, towelettes)
- Notebooks, pens, pencils, paper, envelopes
- Paperback books, magazines
- Puzzle books, joke books, comics
- Board games, playing cards
- Nutrition bars, PowerBars, cereal bars, granola bars
- Dry cereal, Chex Mix
- Packaged cookies, crackers, cheese/cracker kits, Saltines, Pringles Chips
- Snack Cakes (Little Debbie's)
- Beef Jerky, Slim Jims
- Dried Fruit Snacks, Sunflower Seeds, Nuts, Trail Mix
- Gum or Mints
- Candy (sweeties, skittles, dum-dum pops, caramels, taffy, jelly beans, hard candies - NO chocolate)
- Instant meals, Ramen noodle packs
- Tuna (tuna in pouches are best)
- Peanut Butter and Jelly in plastic jars
- Condiments (individual packets of ketchup, mustard, relish, mayo, salt, pepper, spices, sugar, creamer)
- Packages of instant drinks like coffee, tea, hot chocolate or hot cider
- Small packets of powdered Gatorade, Kool-aid, Wylers, Crystal light, Capri Sun
- Flavor straws for bottled water
- CDs and DVDs (new or used)
- Batteries (AA, C, D, 9-volt, NO lithium batteries)
- Electronic hand-held games (include batteries)
- Fabric Softener Sheets
- Colorful or dark-colored towels and washcloths
- Socks (brown/black, wool blend, athletic-style, thick boot socks)
- Dr. Scholl's insoles for boots
- Bandannas, Cool Ties
- Small sewing kit
- Ziploc bags (assorted sizes)
- Disposable Cameras
- AT&T Global Pre-Paid Calling Cards
- Don't forget to include a personal letter of encouragement and a photo of yourself or your family

NOTE: Packages sent to "Any" Soldier, Sailor, Airman, Marine are not accepted by the military for security reasons. If you don't know anyone serving overseas, you may adopt a soldier or troop through www.adoptaussoldier.org or www.adoptaplatoon.org. You can find guidelines for packing, addressing, and shipping items to U.S. troops at www.usps.com/ship/apo-fpo-guidelines.htm. USPS Priority Mail supplies are the packaging of choice for families sending care packages to service members overseas.