



# Soldier Care Packages

Please note when purchasing supplies and toiletries:

1. *Size is important: the item should be able to fit into a backpack. **No economy or jumbo containers of items** such as mouthwash, shampoo, etc as we have limited space in our shipping boxes.*
2. *When purchasing snacks, no chocolates or anything that can melt - remember summer temperatures can exceed 110° both in Iraq and Afghanistan*

## Hygiene Items

### **First Priority:**

Bars of soap  
Deodorant  
Chapstick (this brand only!)<sup>1</sup>  
Toothpaste  
Toothbrushes  
Disposable razors  
Shampoo  
Hand Sanitizer

### **Second Priority:**

Clear nail polish <sup>2</sup>  
Travel-size Kleenex  
Sunscreen  
Dental floss  
Mouthwash  
Shave gel  
Baby wipes  
Moisturizing eye drops  
Contact lens cleaner

## Food Items

Drink mixes (single serve for water bottles)  
Instant Coffee or tea bags  
Instant oatmeal  
Instant soup  
Nutrition bars (Nutrigrain, granola, Trail Mix, powerbars)  
Chex mix  
Jerky, Slim Jims  
Dried fruit  
Gum, hard candies, breath mints,  
Cereals,  
Nuts (peanuts, sunflower seeds)

## Miscellaneous Items

Paperback novels  
Batteries  
Sewing kits  
AT&T Phone cards  
Small balls, Frisbees, playing cards  
Drink Koozies  
Comics and puzzles  
Happy Meal toys (for the children – please bring them clean and ready to go)

"I thank my God every time I remember you." Philippians 1:3

[www.prestoncrest.org](http://www.prestoncrest.org)

[www.GreetHeroes.org](http://www.GreetHeroes.org)

<sup>1</sup> We've heard from a soldier that CHAPSTICK sells out quickly at the PX and is the only brand that does not melt (remember summer temperatures can exceed 110° both in Iraq and Afghanistan)

<sup>2</sup> Because of high temperatures in the summer, clear nail polish protects the soldiers' nails from peeling and cracking.