

# TREASURES FOR TROOPS!



**YOUNG  
IONIA**



The following is a recommended list of highly desirable items for deployed Military Personnel.

Whenever possible, please remove items from boxes and put in a ziploc bag.

*A "Personal message or Thank You for your Service Note" with your submission, is always encouraged.*

## NON-PERISHABLE FOODS

- Condiments  
(Mustard, Ketchup, Hot Sauce, Fast Food Condiment Packets, etc)
- Beef Jerky
- Snack Crackers  
(Peanut Butter & Cheese)
- Foil Pouch Foods  
(Tuna, Salmon, Chicken, etc)
- Tuna Snack Kits
- Pop Tarts
- Ramen Noodle Soup
- Raisins
- Powdered Drink Mix
- Candy/Gum
- Canned Chili/Beef Stew
- Canned Fruit
- Chunky Soup
- Dried Fruit
- Five Hr Energy Shots
- Crackers
- Peanut Butter
- Honey Sticks
- Jelly/Jam
- Mac & Cheese
- Instant Oatmeal

## PERSONAL HYGIENE

- Toilet Paper
- Baby Wipe Refills
- Toothbrush
- Toothpaste
- Dental Floss
- Saline Nasal Spray
- Eye Drops
- Mouth Wash
- Hand Sanitizer
- Hand Lotion
- Sun Screen SPR 30+
- Shaving Cream/Gel
- Razors
- Mach 3 Razor Refills
- Q-Tips
- Mouth Wash
- Facial Tissues
- Band Aids
- Neosporin
- A&D Ointment
- Carmex, Chapstick
- Cough Drops
- Tampons\*\*
- Sanitary Napkins \*\*

\*\* US Government does not provide these!

## LINEN & CLOTHING

- Socks (cotton or wool, tan, white, or black)
- Soft small throw blankets
- Wash Cloths
- Mens Boxers
- Pillow Cases  
(new or clean, gently used)
- Hand & Foot Warmers
- Gel Boot Insoles
- Bandanas (digital camouflage, dark/light)

## ENTERTAINMENT

- Travel Games
- Nerf Toys (sm footballs, etc)
- Playing Cards
- Pencils
- Pens (no click types)
- Small Notebooks
- Comic Books
- Small Activity Books

## UTILITY ITEMS

- Zip Ties
- Zip Style Plastic Bags  
(quart & gallon size)
- Rubberbands
- Flashlights -small key type
- Laundry Sheets (Purex Complete 3-n-1)
- Laundry Detergent  
(individual packets or pods)
- Dryer Sheets
- Razors
- Can Openers
- Duct Tape (camo style)
- Batteries (Duracell Only, AA & AAA)



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**Blue Star Mothers MI-188 PO Box 366, Lakeview, MI 48850**