

# Items To send To Our deployed Troops

## WOMEN'S ITEMS

Soaps and hair shampoos That \*smell good\* (VO5, Herbal Essence, Thermasilk, Paul Mitchell). Deodorant, Eye drops and saline solution for eye contacts. (It is very dusty and dirty in The desert). Body sprays, deodorants, and lotions That \*smell good\*, Teeth Whitener, Hand Sanitizer, Women's shaving cream/razors, Flavored lip gloss and Chap Stick, Nail Polish: pinks, reds \*\* Disposable cameras!

Magazines: Runners' World, Redbook, Vogue, Shape, Women's Fitness, Danielle Steele books and Stephen King Books

Snacks - Oasis bars, Balance Bars, M&M's, Biscotti, peanut butter crackers, Cheez-Its etc. Flavored coffee creamers - vanilla, Irish cream, hazel nut. Flavored coffees - Green Mountain Coffee Roasters, Starbucks, Borders, Maxwell House, etc.

## MEN'S ITEMS

Soaps - Lever 2000, Irish Spring, Dial Deodorant, Tooth Brushes, Foot Powder, Dental Floss, Shampoo, Shaving cream and Razors, Batteries (AA size)

Snacks - Protein Bars - Detour Bars, One-Way Bars, U-Turns Bars, Pure Protein Bars, Beef Jerky, Protein Chips (All found in health food stores, GNC, etc.). Coffee: Green Mountain Coffee Roasters, Starbucks, Borders, etc.

Magazines: Runners' World, Men's Health, Men's Fitness, Muscle Media 2000, Muscle Fitness, Car and Driver, Lowrider, Cycleworld, etc.

## ADDITIONAL ITEMS

Hard Candy, Oral-B "Brush Ups," Chewing Gum, Crystal Light Mix, Kool-Aid Mix, Tang, Sunscreen/Sunblock, Bug Repellent, Flavored Tea Bags, Little packets of sugar, Body Powder - needs to absorb wetness, baby wipes, Beef Jerky, Nuts, Lotion, Handkerchiefs  
Activity Books (crosswords/puzzles) & Reading Books, Q-Tips