

Web of Support

Adopt A Soldier Supply List

Here is a list of things that you can send. Once you get into the swing of doing this, I am sure you will come up with some more ideas. Your trooper may have some personal suggestions too.

- Hot cocoa, cappuccino and non dairy coffee creamers
- Mayonnaise or Miracle Whip in small packets or squeezable plastic jars
- Soft toilet paper (they don't have the good soft, absorbent stuff), Cottonelle wipes
- Magazines, word finds, crosswords, brain teasers (very limited on books)
- Seasonings like Mrs. Dash or Tony's
- Ramen noodles (any flavor)
- Instant coffee and regular tea
- Popcorn and microwavable foods
- Chips, pretzels, Pringles
- Pop-Tarts
- Lotions or body sprays
- Leave-in conditioner (women are desperate for this and they don't have any there)
- Shampoos
- Exfoliating or moisturizing soap, Clearasil Facial Wash (unable to get there)
- Stick-up room deodorizers
- Tampax or tampons (the kind with plastic holders)
- DVDs (they have bootleg movies over there and the quality can be very bad)
- Hormel, Tyson, Swanson Premium or Chunk Chicken in water (canned)
- Hormel Compleats (chicken and dumplings; roast beef, potatoes and gravy; turkey and stuffing; lasagna with meat sauce; etc.)
- Healthy Choice Fresh Mixers (chicken, beef, or meatless pasta flavors)
- Jerky, dried meat snacks, Jack Links, Slim Jims, etc. (any flavor)
- Sardines in mustard sauce
- Sardines in olive oil
- Starkist tuna packs
- Starkist tuna salad and crackers
- Boxes of tropical juice
- Capri Sun juice
- Gatorade mix (pitcher size)
- Chocolate pudding snacks
- Soup in pop top cans
- Vanilla pudding snacks
- Fruit and nut bars
- Package Cheese Nips or Cheez-It crackers
- Package Chips Ahoy cookies
- Package Ritz Bits crackers
- Boxes of raisins (individual serving sizes)
- Cup pineapple bits in juice
- Non-aspirin tablets (acetaminophen or ibuprofen)
- Antacid tablets
- Can opener, bottle or jar opener
- Toothbrush, toothpaste, dental floss
- Bar soap
- Band-Aids
- Sunscreen
- Phone cards (several of the soldiers use cards to call home and it can be expensive for them, so any cards would be helpful for them)

Themed Care Packages

Here are some more ideas for boxes that were thought up by a wonderfully imaginative Marine Mom...

- Surviving the Sandstorms** — Eye wash, nasal spray, Chapstick, bandana, goggles/sunglasses, Handi-Wipes, etc.
- Laundry Load** — Laundry soap (sample size or Tide tablets or travel packets or Woolite Travel Packs) to pack in with their clothes in case there are no washer/dryers, fabric softener sheets, clean socks and undershirts, Febreze.
- Lotta Java** — Tea, cocoa, coffee singles, creamer, sugar, International Coffee tins, cookies for dunking in coffee.
- Thanks a Million!!** — Things that may "seem" expensive (such as Grey Poupon, electronic game of "Who Wants to Be a Millionaire?").
- Hang in There!** — Stuffed animal monkey, banana bread, banana chips, banana pudding (the kind that doesn't have to be refrigerated), Monkeys in a Barrel game, card with a monkey on it.
- A Day at the Beach!** — Sunscreen, beach towel, beach snacks, flip flop sandals (shower shoes), aloe vera gel.
- Medicine Cabinet** — Aspirin, non-aspirin, Band-Aids, Neosporin ointment, A&D ointment, cold medicine, Alka-Seltzer, Roloids, zinc oxide ointment, etc.
- Staying Healthy** — Nutrition/health bars (Powerbar, Tigers Milk bar, Myoplex), vitamins, Nutri-Grain bars, Gatorade or other sports drink (to stay hydrated).
- MRE/Mess Hall Survival Kit** — Restaurant-size condiment packs of: BBQ sauce, mustard, ketchup, mayonnaise, relish, salt, pepper, hot pepper flakes (for pizza, etc.), taco sauce, ranch dressing, cheese in a can, dip packets (dry), etc.
- Correspondence Carton** — Notebook paper, stationery, pens, pencils, stickers (who knows, they may even play with these!!), envelopes, address book (filled out already, of course), camera (with a note to send back once it is full).
- Action Heroes** — Powerbars, squirt guns, Red Bull drinks, small Army figurines, comic books, Gatorade, Red Bull drinks, etc.
- To Be A Kid Again** — Silly String, bubbles, small bouncy balls, Hacky Sacks, brain teaser toys (Rubik's Cube, etc), deck of cards, dominoes, Slinky, Frisbees, Pez with dispenser, Nerf toys, sandbox toys (pail, small shovel, etc.).
- Bathroom in a Box** — TOILET PAPER!!! (the soft stuff), razor refills, foot powder, bars of soap, fresh, clean, soft washcloth, travel-size shampoo/conditioner, toothpaste, toothbrush, etc.
- Ruck Sack Snack Pack** — Packed full of your loved one's favorite snacks... endless possibilities. Nuts, chips, dips, crackers, jelly beans, beef jerky, gum, etc.

THEMED CARE PACKAGES

- Breakfast on the Go** — Nutri-Grain bars, instant oatmeal cups, small boxes of cereal, Pop-Tarts, Hostess Donuts, Otis Spunkmeyer muffins, cocoa, coffee, Tang.
- Tube O Tasties** — Just as something different, send a package in a tube instead of a square box. Make sure the shipping parameters are acceptable, though.
- Stress Reliever** — Back scratcher, bubble wrap, yo-yo, bubbles, squeezable tension-reducer ball, worry/prayer beads.
- Sloppy Kisses** — Since we know chocolate melts over there... send a bunch of Hershey's kisses. Bound to be "sloppy kisses!"
- I'm Nuts About You** — Peanuts, cashews, pistachios, peanut butter cookies, any candy or cookies with nuts in them, Nutter Butter sandwich cookies, Peanut Lover's Chex Mix, Fiddle Faddle with peanuts.
- Rock On or Charlie ROCK** — Pop Rocks, music CDs.
- Chili Today, Hot Tamale** — Hot Tamales (candy), small cans of chili, red pepper flakes (like the ones at pizza parlors), salsa sunflower seeds, Cajun flavor Pringles, Spicy Chex Mix, Boston Red Hots, peppered beef jerky, Taco Bell hot sauce packets, Extreme Doritos, chili powder, nacho cheese sauce in a can, jalapeño peppers, and finish with Tums or Roloids.
- And This Little Piggy Went to the Sandbox (foot care kit)** — Foot powder, Dr. Scholl's boot inserts, foot lotion, foot file, fresh clean socks, toenail clippers, scrub brush, odor eater balls for shoes/boots, foot soaks (either include a small bucket or large Ziploc bags to soak feet in).
- How Do YOU Eat Your OREOS?!** — Original Oreos, Go-Pak Oreos, Double Stuf Oreos, Reduced Fat Oreos, Chocolate Creme Oreos, Double Stuf Chocolate Creme Oreos, Mini Oreos, Mint'N Creme Oreos, Golden Oreos, Oreo Cakesters.
- Sweet Tooth** — Nerds, Gummy Bears, Gummy Worms, Laffy Taffy, bubble gum, Tootsie Rolls, lollipops, Sweet-Tarts (any hard or semi-hard candy or sweets that won't melt) and sugar-free candies for those that want to save their teeth.
- Pamper Party (for women)** — Feminine hygiene products, shampoo/conditioner, hair barrettes and Scrunchies (same color as their hair), facial scrub, facial soap, facial mask, lotion, shower gel, razors, facial moisturizer, tweezers, nail care kit, toner, special facial products (alpha hydroxy, eye cream, etc.).
- Muchas Gracias, Nachos Supreme!** — Doritos, Fritos or any corn tortilla chips, Mexican Velveeta Cheese loaf or jar (wrapped in bubble wrap), small can of olives (plus can opener), bean dip, nacho cheese dip, can of green chilies, jar/can of jalapeño peppers (in bubble wrap), taco seasoning, small paper plates or bowls (to hold nachos), taco sauce (especially condiment packets from Taco Bell or Del Taco). You could also send the sauces from the various Mexican dinner kits (they have tortillas in the dinner kits that are sealed, so they would probably get there without molding or drying out), Taco Bell Nacho Supreme Kit.

THEMED CARE PACKAGES

- Congrats on Your Promotion** — Congratulations party favors, all your loved one's favorite snacks, sparkling cider (non-alcoholic, wrapped in bubble wrap of course), special "Congratulations!" card, banner, etc.
- For the Fisherman** — Goldfish crackers, tuna pouches, canned smoked salmon, canned sardines, Gummy Worms, Go Fish card game, "Field & Stream" magazine, electronic fishing rod game, SpongeBob SquarePants stuffed toy, fishing game toy (made by several different toy companies — a small fishing pole with a magnet on the end; plastic fish have magnets in their mouths).
- Say CHEEEESE!** — Disposable cameras, cheese dip (can or jar), Nacho Cheese Doritos, Cheetos (any flavor), Cheese Nips, Cheese-Itz, Cheese Puffs, Better Cheddars crackers and Velveeta or Cheez Whiz cheese (any flavor).
- Kick Back & Relax** — Dominoes, playing cards, magazines, books, music CDs, crossword puzzles, jigsaw puzzles, word searches, hand-held electronic games, squirt guns, water balloons, bubbles, Hacky Sacks, Nerf toys, board games (Axis & Allies, Clue, Trivial Pursuit, etc.).
- Christmas in July or Christmas Anytime** — Wrap everything in Christmas wrapping paper and include peppermint-flavored hard candies or candy canes in bubble wrap or sprinkled in with shipping foam "peanuts" inside the box.
- Italian Stallion** — Ghardetto's Italian Cheese flavor pretzels, Pizza-licious Pringles, Combos Pepperoni Pizza or Cheddar Cheese pretzel snacks, small Boboli pizza bread, pizza sauce (for dipping Boboli), canned ravioli, spaghetti, lasagna, etc. (cans are easier to ship compared to glass jars), non-perishable grated cheese such as parmesan or romano.
- American Classics** — Pez candy with fun Pez dispensers, Cracker Jack, Lifesavers, Necco Wafers, Pop Rocks, Nerds, Good & Plenty, candy necklaces, candy cigarettes, Big Hunk bars, Werther's Original hard candies, etc. (remember, chocolate melts there).