

Care Package Tips

Listed are ideas for you to use when preparing a care package for your Adopted Soldier. Be creative when putting together the package and be sure to include some of their favorites as you get to know them. Make each shipment an adventure for them. Have kids, employees or friends help contribute in putting the packages together as well.

Food Items	Reading Materials	Toiletries / Other Essentials	Games / Puzzles Pictures Correspondence
Canned meats (Tuna, Chicken, Spam) Snack sausages Beef Jerky Cheeses Crackers Trail mix snacks Nuts Cookies Brownies Hard candy Gum Gummy Bears Popcorn balls Dry soup mixes Health food snacks Powdered drink mix Flavored coffee Packs of Gator-Aid that make a quart Red licorice Dried fruit	Newspaper clippings Joke books Magazines & newspaper subscriptions Cartoon books Church newsletter Favorite authors books	Antacids Aspirin / Tylenol Baby wipes – Any Kind Hand sanitizers Disposable razors Foot powder Shampoo / conditioner Batteries Lotion After Shower Body Oil Chap stick/Lip Balm Eye Drops Nasal Spray Soap For the females – women’s hygiene products Oil of Olay Body wash and powder Tupperware containers Sewing kit Zip lock baggies Shoe insoles Shoe cushions	Puzzle books Travel Games Electronic hand held games Stationary Envelopes and stamps Video recorded message Children’s school work Prepaid International Phone Cards PX Gift Cards Pictures of kids Pictures of extended family Children’s art/craft projects Hand sewn items Crocheted items Knitted items Car / plane / boat models Portable radio Music CD’s / tapes CD’s or VHS videos Novelties

Do Not Send

Alcohol, firearms, weapons, or fireworks. --- Chocolate, the package may sit outdoors for a few days in the heat and chocolate will become melted.

Due to custom checks, it is **not** encouraged to send videotapes or audio tapes in the same package as your other items as they may be heavily scrutinized or confiscated and delay the delivery of the care package to its intended destination. Most packages may take 3-4 weeks to deliver. During the Christmas Holiday, packages may take 5-6 weeks to deliver.

Please be aware that certain pictures or magazines may be considered offensive in nature in other cultures. Do not send pictures of yourself in bathing suits or other skimpy clothing. If you have any doubt on certain items, please do not send them, it will only delay your package and cause problems at the customs check point.

You may want to pack your toiletries in a separate box from the food items you send as food can absorb the odors of the toiletries. You may want to put your toiletries in a zip lock bag in case the item opens.