

# CARE PACKAGES FOR THE TROOPS

## #1 WISH LIST ITEMS for Troops Deployed Overseas

REGULATION BOOT LACES (TAN)  
**BOOT SOCKS THICK (BROWN or BLACK)**  
"SUPER FEET" BOOT INSOLES (GREEN)  
MULTI-TOOL  
POCKET KNIFE  
BODYGLIDE STICKS- ANTICHAFFING  
WHITE TUBE SOCKS

### SNACK ITEMS:

GRANOLA BARS  
**PROTEIN BARS**  
PEANUTS/CASHEWS  
CANNED FRUITS/ PEACHES  
TOP RAMEN NOODLES  
MICROWAVABLE GOODS  
PACKAGED TUNA / CHICKEN / SPAM  
DRIED FRUIT SNACKS  
COOKIES  
**BEEF JERKY**  
POPCORN (MICROWAVE)  
JOLLY RANCHERS HARD CANDY  
GUM  
ALMOND JOY CHOCOLATE CANDY

### HYGIENE PRODUCTS:

NAIL CLIPPERS / FILE  
SHAMPOO BODY WASH travel size  
EYE DROPS  
CHAP STICKS  
DEODORANT  
Q-TIPS  
COUGH DROPS

### MISCELLANIOUS ITEMS:

- **DVD MOVIES**
- MAGAZINES: CAR, HUNTING, SPORTS
- **VITAMIN "C" CHEWABLES**
- PAPERBACK BOOKS
- SUDOKU / GAME BOOKS



**THANK YOU**, for helping us Honor our Military Service Members deployed overseas by purchasing any of the items listed. Our Chapter will be packing over 200 care packages to the troops deployed. This project is not possible without your help and support from our community.

### WINTER ITEMS:

HAND / FOOT WARMERS  
HOT CHOCOLATE  
OATMEAL PACKS  
INSTANT COFFEE / TEA

### HYDRATION ITEMS:

- ANY ELECTROLYTES SUPPLEMENTS
- **MIO ENERGY FLAVORED DRINK MIX**
- PROPEL / CRYSTAL LIGHT POWDERED
- **WHEY PROTEIN POWDER** With SHAKER CUP
- V8 JUICE SMALL CANS

*On behalf of all the Troops, receiving your donation and, from all the Blue Star Mothers of Fredericksburg...  
Thank you for your Support!*

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