 **MILITARY CARE PACKAGE LIST**

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| **ITEMS** | **QUANTITY PER BOX (travel size only)** |
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| **FOOD ITEM –ind. wrapped/NOT homemade** | **FOOD ITEMS–ind. wrapped/NOT homemade** |
| Package tuna, salmon or chicken (snack packs) | 1 each |
| Gum (variety of flavors) | 2 packs each  |
| Cough drops or vitamin C drops | 1 package each |
| Beef jerky or Slim Jim | 1 - 2 each |
| Cocoa , instant coffee  | Single servings Cocoa (3 each) Coffee ( 4 - 5 of each) |
| Powder drink mixes  | 1 box each |
| Red Salsa & green chili (small size) | 1 of each **NO GLASS JARS** - pop top/plastic jar/packets  |
| 5 hour energy shots | 1 each |
| Instant oatmeal (variety) | 3 or 4 individual packs  |
| Granola Bar (**NO PROTEINS BARS**) | 2 each |
| Microwave popcorn | 2 each  |
| Peanuts or Sunflower seeds (ind. packets) | 2 each |
| Trail Mix | 2 each |
| Candy (**NO CHOCOLATE**) individually wrapped  | to fill boxes |
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| **HYGIENE ITEMS - all travel size** | **HYGIENE ITEMS - all travel size** |
| Hand Sanitizer  | 1 bottle travel size  |
| Baby wipes | 1 travel pack |
| Antibacterial ointment | 1 tube |
| Eyeglass Lens cleaning wipes (ind. packets) | 10 each  |
| Breath Strips  | 1 each |
| Lip balm | 1 each |
| Lotion/or Sunscreen | 1 each |
| Eye drops | 1 each |
| Facial Tissue | 2 small travel/purse size packs |
| Muscle rub  | 1 tube |
| Ear plugs | 1 package  |
| Bandages | 5 each |
| Foot powder  | 1 each  |
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| **MISCELLANEOUS ITEMS** | **MISCELLANEOUS ITEMS** |
| Socks (black or gray) | 2 pairs each  |
| Batteries - AA and AAA | 1 package of ea. **DO NOT REMOVE FROM PACKAGE** |
| Small fun item (game, craft, etc.) | 1 each |
| Playing cards | 1 deck |
| Puzzle books – Sudoku, Word Search or Crossword  | 1 each |
| Stress ball | 1 each |
| Rubber bracelets w/bible verses | 1 each  |
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