

**www.Operation ShoeBox.Com -- Suggested Items**

**CANDY**

Candy (heat resistant)  
Fruit Breezes (throat drops)  
Twizzlers

**CORRESPONDENCE**

Writing Paper and Envelopes  
Pens/Pencils

**DENTAL**

Floss  
Mouthwash  
Toothbrushes  
Toothpaste

**DRINK**

Coffee (instant)  
Coffee Creamer  
Gatorade  
Powdered Drink Mixes  
Tea Mixes (sweet)  
KoolAid bursts- to freeze

**FOOD (including dry goods, snacks)**

Sugar packets  
Bars (Clif or Balance)  
Beef Jerky  
Canned Fruit (pop top cans)  
Cereal (in small boxes)  
Girl Scout Cookies  
Granola Bars

**PRINTED MATERIALS**

Books (novels, short stories)  
Newspapers (local)  
Magazines

**TOILETRIES/HYGIENE**

Baby Wipes  
Nose spray  
Eye Drops  
Deodorant  
Femine Hygiene Products (for female soldiers)  
Foot Powder  
Hairbrushes  
Hand Lotion  
Hand Sanitizers (waterless)  
Nail Clippers  
Q-Tips  
Razors (disposable)  
Shampoo  
Sunscreen  
Tissues (heavy duty - i.e. Puffs)  
Travel size body wash  
Tylenol (individual packets)

**Other**

Plastic spoons  
American Flags (small)  
Baggies (with zip lock)  
Batteries (AA, D, ....)  
Bug Spray (must be packaged in zip-lock bag)  
Duct Tape

|                            |   |
|----------------------------|---|
| Gum                        | Disposable Cameras  |
| Oatmeal (instant)          | Flashlights (mini/mag lite, extra bulbs, lots of batteries) |
| Pop-Tarts                  | Fans (battery powered - small - with extra batteries)       |
| Ramen Noodles-any flavor   | Fly Strips  |
| Ravioli (pop top cans)     | Fly Swatters  |
| Tuna Kits                  | <u>Pre-Paid Phone Cards</u>                                 |
| <b>GAMES</b>               | Shoe Insole Cushions  |
| Board Games                | <u>Socks</u> (cushioned white calf high)                    |
| Checkers (travel size)     | <b>Seasonal</b>   |
| Chess (travel size)        | Canned turkey and Thanksgiving food items                   |
| Crossword Puzzles          | Small unbreakable holiday decorations                       |
| Playing Cards              | Christmas stockings   |
| <b>MUSIC</b>               |   |
| CD Fanny Packs             |   |
| CDs                        |   |
| Tapes                      |   |
| DVDs new and used          |   |
| Hand held electronic games |   |
| Sudoku books               |   |

**Notes:**

Post cards are also great to send in the packages. You can pre-address the postcard to yourself or your organization with a note asking the service member to please let you know if they received the package.

You DO NOT have to put a stamp on the post cards -- the service member can mail them for free back to the states.

Wrap items well when packing soap/toiletries in the same package as food items. In warm weather, it's best not to include these in the same package!