

The following list contains items frequently requested by U.S. soldiers and Marines serving in Iraq and Afghanistan. Please note that aerosol products cannot be shipped overseas. Also, all items must be in their original packaging. When in doubt, think small. It is easier to ship smaller packaged items than large, economy size.

- Lip balm**
- Sun block**
- Moist wipes**
- Bug spray - non-aerosol**
- Bars of soap**
- Small bottles of shampoo**
- Deodorant - non-aerosol**
- Powdered drink mixes**
- Cereal/Snack/Granola bars**
- Instant oatmeal - individual packets**
- Boxes of hot chocolate that contain individual packets**
- Small cans of tuna with pop-tops**
- Small cans of fruit with pop-tops**
- Microwave popcorn - individual bags can be sent**
- Athletic socks**
- Batteries - all sizes**
- Gum**
- Candy**
- Small boxes of cereal**
- Small bags of trail mix, peanuts, pretzels**