



# CARE PACKAGES FOR SOLDIERS

## Military Care Ministry of Crossroads

Below is a list of suggested items to include in a care package.

Military Exchange Prepaid Calling Cards  
(<https://thor.aafes.com/scs/default.aspx>)  
Phone Cards  
Suntan Lotions, Sun Blocks, Sunscreens  
Chapstick, Lip Balms  
Skin Moisturizers  
Bath / Body Wash  
Antibacterial Hand Wash, Hand Sanitizer  
Nail Clippers  
Tooth Brush  
Toothpaste  
Razors & Shave Gel  
Deodorant  
Comb and/or Pic  
Band-aids (fun ones)  
Foot powder (no sprays permitted)  
Cough Drops  
Gum  
Wet Ones Wipes  
Listerine Strips  
Kleenex  
Hacky Sacks  
Frisbees  
Slim Jims / Beef Jerky  
Energy Bars / Hard Granola Bars  
Individual Drink Mixes  
Individual Condiments: Hot Sauce, Pepper, Salt  
Ziplock Bags  
Hometown Newspapers  
Bibles  
Magazines, Books  
Beanie Babies! (These are easy for Soldiers to carry  
and give to local kids who love them ~new or used.)  
Cotton T-Shirts (must be Brown for Army and Navy,  
Green for Marines, Black or Brown for Air Force)  
Black Boot Socks or White Athletic Socks  
Beanie Caps (must be dark color)  
Walkman w/batteries

\*Special Packaging Instructions for ALL Liquids and Pastes (including cans):

- 1) Place item in a zip-lock bag and seal.
- 2) Place sealed bag up-side-down into another zip-lock bag and seal again.

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