

# April Service Project - Care Package to Soldiers



## Hugs for Soldiers

### CARE PACKAGES

**Care Packages**-Hugs for Soldiers sends care packages year round filled with snacks, hygiene, hand-made items, cards and letters of appreciation to service members deployed overseas. Our mission is to lift the spirits of our Active Duty and Veteran communities.

#### **Suggested Items**

No aerosol or items under pressure.

No pork or pork by-products.

Please pack liquids in Ziploc bags in case of leakage.

**DO NOT pack food with personal care items. Food will absorb perfumed items especially bar soap.**

#### Personal Care Items

- Eye Drops
- Chapstick
- Shampoo/Conditioner (travel size)
- Deodorant - Men and Women
- Toothpaste (travel size); toothbrush, dental floss
- Mouthwash (travel size)
- Body Wash
- Hand Sanitizer (travel size)
- Lotion (travel size)
- Razors, shaving cream (in tubes) no aerosol
- Travel size tissues
- Baby Wipes
- Q-Tips
- Tums or Roloids
- Tylenol, Advil, Sinus Meds
- Gel Insoles

#### Food Items

- Individually wrapped snacks such as nuts, trail mix, peanut butter/cheese crackers.
- Hard Candy
- Chewing Gum
- Individual servings of powdered drinks for water bottles such as Lemonade, Gatorade
- Beef Jerky, Slim Jims (no pork allowed)