

**This is a Care Package List that Blue Star Moms use, Hope this helps :)**

**Just Add Water** - *Individual Serving Sizes*

Hot drinks - hot chocolate, spiced cider, tea bags, coffee

Powdered drink mixes- i.e. Propel, Crystal Light Hot cereals - oatmeal, Cream of Wheat Instant soup mixes

**Proteins** - *Individual Serving Sizes*

Tuna or chicken - foil pouches Beef jerky or Slim Jims Nuts - all kinds Protein bars, Power Bars Peanut butter - Jiff to go

**Clothing**

White COTTON athletic socks Dark colored knit hats, White COTTON crew neck T-shirts (M or L)

**Snacks** - *Individually Wrapped Packages*

Crackers, mints, gum, trail mix, Corn Nuts Sunflower seeds, microwave popcorn, Granola bars (no nutri-grain), Fruit snacks, Fruit rollups, dried fruit (no chips) Beef Jerky/Slim Jims, Energy Bars, Hot Sauce(plastic packs), Sunflower Seeds, Peanut, Seasoning Salt, Atomic Fireballs, Sweet Tarts,

**Personal Items** - *Travel Size*

Powder - Gold Bond, foot and baby powder Baby wipes, Waterless hand sanitizer Lip balm with SPF, toothbrushes, toothpaste, shower gel, suntan lotion Disposable razors, hand and foot warmers Batteries (preferably AA), Eye Wash/Drops for flushing dust and sand out of the eyes.

**Entertainment:**

Silly putty, Nerf or tennis balls, yo-yos, Crossword puzzles, word search and Sudoku Paperback books, CD's, DVD's,

**Specialty Items**

Ground coffee (Peets and Starbucks are popular)

No glass containers, so plastic or metal only please! No religious material, perishable foods or pork, fireworks, firearms, aerosol cans or pornographic material