

# MarineParents.com, Inc. Troop Supply List

For more information or to donate supplies, call MarineParents.com, Inc. at 573-449-2003 Monday through Friday, 9 a.m.-5 p.m.

## **MOST NEEDED ITEMS:**

- Single-serving size snacks and non-perishable food items, particularly tuna kits, beef jerky, canned fruit (small containers; pop-top lid), trail mix, dried fruit, nuts and other healthy snacks
- **Hand and feet warmers**
- Pre-sweetened flavored beverage mixes (smaller sizes please)
- Toothbrushes
- Body wash liquid (no pump dispensers please)
- Undershirts (olive green, short sleeve)
- Socks (boot cut, black)
- AA Batteries
- Letters of support (letters from you, from children, or from your business, office, school, or other organization in support of our troops)
- **Other Items**
  - **Food and Snacks**
    - Peanut M&Ms
    - Gum, Lifesavers, Mints (blister pack gum is best because of the intense heat)
    - Fruit: single serving size cans of fruit, dried fruit (plastic fruit cups with the plastic seal are not recommended as they can open in transit; individual-size cans are preferred)
    - Nuts, sunflower seeds, peanuts, trail mix
    - Power bars, protein bars, nutritional bars
    - Beef jerky, beef summer sausage (non-perishable; labeled USDA Beef) **Pork and pork by-products are not allowed to be shipped to most Middle East combat locations.**
    - Single-serving bags of snacks, crackers, snack mixes
    - Pop Tarts, cereal bars, “milk & cereal” bars, granola bars
    - Ramen Noodles, Cup-O-Noodles serving cups
    - Ravioli and other canned ready-to-eat meals (canned or Styrofoam single serving are best)
    - Tuna lunch kits (includes foil pouch of tuna, crackers, and condiments in each single-serving kit)
    - Canned sardines, smoked oysters
    - Jalapeño Velveeta® and crackers
    - Taco Bell® Sauce Packets
    - Seasoning salts, flavoring salts
    - Cheese dips in plastic or canned (NO glass please)
  - **Beverage Items**
    - Ground coffee, coffee drink powder
    - Hot cocoa mix
    - Lemonade mix, Kool-Aid® mix, Tang®, Iced Tea mix
    - Gatorade® mix (powdered only)
    - Crystal Light® (or other brand) “On The Go” flavor packets (these come in a box of several sleeves of flavoring that can be added to a 16-20 oz. water bottle)
    - Sugar and creamer packets for coffee

- **Recreational Items**

- Hacky Sacks, Tennis Balls
- Deck of cards
- Hand-held games
- Movie DVDs (new or used; original only)
- Music CDs (new or used; original only)
- Portable DVD Players
- Portable CD Players

- **Clothing Items**

- Long underwear during winter months
- Fingerless gloves
- Stocking caps (plain, gray, black or dark green)
- Cotton socks
- T-shirts (olive green or white)
- Cotton boot socks, green or black (try military surplus stores)

- **Communication Items**

- Disposable cameras
- Envelopes, paper, pens
- Small pads of paper
- Notebooks (a size they can keep in a pocket and keep dry)
- Drawing pads (small)
- Small, blank journals

- **Personal Supplies**

- Batteries (AA are most requested, then AAA)
- Cigarettes, chew, cigars
- Tactical Duct tape: military green, tan or black
- Electrical tape
- Super glue
- 72" Bootlaces (brown or tan preferred)
- Leatherman All-in-One Tool (see photo)
- Quart-size and 1-gallon Ziploc plastic bags
- Disposable, instant hand warmers (the desert can become quite cold at night during the winter months)

- **Foot Care**

- Cotton socks, black, green, or white
- Boot liners/insoles
- Odor eaters for boots
- Lotrimin AF or Tinactin for athletes foot (tubes of ointment or cream, or the bottle of drops; please do not send the aerosol spray type)
- Medicated Foot Powder, Medicated Foot Swabs
- Moleskin (for pads on sore feet, you'll find it with Dr. Scholl's type things at Wal-Mart or drug stores)

- **Personal Care**

- Sun block
- Throat Lozenges
- Gum, Lifesavers, Mints
- Eye Drops (to relieve dry eye, not redness)
- Blistex, Chapstick, Carmex (in stick-tubes rather than tubs)
- Aspirin, Motrin, Tylenol, Pain Relievers (small containers)
- Saline spray/drops for sensitive nasal passages

- Q-tips
- Eyeglass wipes

- **Body wipes/Sanitizers**

- Baby wipes for personal hygiene (alcohol-free)
- Liquid body wash (no pump-style dispensers)
- Liquid hand sanitizers (no pump-style dispensers)
- Disposable hand sanitizing wipes

- **Toiletry Items**

(toiletries are not in as high a demand as they once were; however, we do have units at forward operating bases that still need the toiletries listed below):

- Toothpaste (in hard-side tubes rather than traditional tubes - toothpaste tubes get messy; the plastic “bottles” of toothpaste stand up better to the conditions of combat zones)
- Toothbrushes ( the new “Brush Ups” are very popular and useful for the Marines)
- Nail clippers
- Shampoo
- Deodorant
- Liquid body wash soap, liquid anti-bacterial soap (liquid is easier to use than bar soap no pump-style dispensers)
- Lotion (no pump-style dispensers)
- Disposable multi-blade razors (no single blade razors please)
- ShaveMan™ Battery Powered Shaver (About \$5 at Wal-Mart and other discount stores)
- Razors and replacement blades
- Kleenex (travel-size packets)