

Care Package Ideas

Everything the soldiers receive while overseas is appreciated. Any piece of mail or a care package just brightens the day in Afghanistan. Sometimes the little things can light up an entire section!

Tip: Everyone in Afghanistan enjoys a little taste of Canada!

Toiletries

- Hand Lotion
- Baggies
- Hand towels
- Face towels
- Kleenex (small packs)
- Antacid tablets (ie Pepto-Bismol/Rolaids/Tums)
- Allergy medicine
- Eye drops
- Razors
- Dental floss (individual picks)
- First Aid supplies (band aids, cut ointment)
- Q-tips
- Chap stick
- Shower gel
- Alcohol wipes
- Wet wipes/baby wipes/towelettes

Food items

- Hard candies
- Gum (blister packs keep out sand)
- Individual drink crystals (to add to water bottles)
- Health food snacks (nothing that can melt)
- Jerky (vacuum packed meats)
- Dry soup mix/noodles/Kraft dinner (just add water foods)
- Peanut butter (small jars)
- Hot chocolate (individual packages)
- Special event candies (ie Xmas, Halloween)
- Tim Hortons gift certificates

Misc.

- Canada items (small flags etc.)
- Saskatchewan items
- Bandanas
- Ball caps
- T-shirts
- Sweatshirts
- socks
- Pens, pencils, paper
- Deodorant
- Items to hand out to children
- Christmas items (decorations)
- Tim Hortons gift certificates
- Toques, mittens & scarves
- Hot pockets (hand & foot warmers)

Entertainment

- Novels (mystery/suspense etc. – books that can be left behind)
- Magazines (sports, general interest)
- Playing cards
- Games (small: board games, Frisbees, footballs, word search, crossword puzzles, Sudoku)
- Disposable cameras
- Hometown newspaper

Top 10 Choices

Soldiers that were deployed to Afghanistan have compiled the following list, and comments. This is their feedback for care packages contents.....

1. DVD's (Old, New movies)
2. Tim Hortons gift certificates
3. Crystal Light individual packets
4. Kraft Dinner – just add water, individual packs
5. Soup (just add hot water)
6. Candies (Skittles, Jolly Ranchers, Starbucks, Nibs, Licorice, Jujubes)
7. Magazines (People, Cosmo, Men's Health, Motorcycles, Cars, Hunting etc.)
8. Nuts (Pistachios, Cashews, Raisins etc.)
9. Granola bars (Chewy, Trail Mix, etc.)
10. Beef Jerky

Humanitarian Aid/ Donations to Deployed Members of the Canadian Forces :

The mission re-supply system is designed to move operational support equipment. Donated goods do not qualify as such, and can only be moved when space is available. Such space is extremely limited and its use requires extensive coordination in order to keep it under control. Therefore, in order to avoid disappointment and to ensure that CF logistics system is not overburdened, individuals wanting to conduct donation campaigns are encouraged to do so in accordance with the "Support our Troops" programs. Please refer to the Central Saskatchewan Military Resource Centre for additional information, 306-492-2135 ext. 4266.