

**Bright Christian Church  
Women's Ministry**

**MILITARY PROJECT**

**Listen for group package mailing projects, or send your own box:**

A list of addresses of Military Personnel is available. Flat rate mailing boxes are available from the Post Office: \$8 to ship. You'll need to fill out a customs form from the Post Office. Be sure to include a letter of encouragement to the troops. Following is a list of items we can send to our troops. Items prohibited are: no glass, aerosol cans/sprays, or lighters, no non-authorized political materials, bulk quantities of religious materials contrary to the Islamic faith (mat'ls for personal use are acceptable); no pork products. Items in italics are the most requested items.

**FOOD**

Whey Protein Bars & Powder  
Tuna Fish in packets (not cans)  
Salted Pumpkin Seeds/Sunflower Seeds  
Beef Jerky/Slim Jims (They love this!)  
Gatorade/Kool-Aid/Crystal Light (Instant)  
Gum & Hard Candy (must be wrapped)  
Fruit Roll-Ups, Gushers, etc.  
Granola Bars/Breakfast Bars & Power Bars  
Trail Mix, Dried Fruit & Raisins  
Salted Nuts (any kind)  
Pop-Tarts  
Cookies (Girl Scout or any kind)  
Coffee (ground or instant-decaf or reg.)  
Condiments and spices (no glass)  
Pretzels (no breakable chips)  
Snack Foods (any kind!)  
Oatmeal (instant in packets)  
Small packs of crackers or cookies  
Ramen Noodles/Cup-o-soup (instant)  
Hot Chocolate Packets  
Peanut butter (small plastic jars or tubes)  
Low-Carb foods  
Cereal (small, individual boxes)  
Microwav. Foods (Mac & Cheese, Popcorn)  
Chip Dips in cans or tubes  
NO CHOCOLATE, APRIL – SEPT. (Melts)

**OTHER**

White & Black Cotton or wool Socks  
Generic Sunglasses  
Pre-paid phone cards (ATT Long Distance preferred)  
Shoe & boot insole cushions  
Bandanas, Under Armor Shirts  
T-shirts for hospital use  
Room deodorizers  
Zip Loc, Freezer Baggies  
Battery-operated fans  
Laundry detergent (powdered only)  
Dryer fabric sheets  
Fly swatters/fly paper  
Toys & school supplies for children  
Twin size pillow cases & bed sheets  
Duct Tape  
Hair clippers (electric)  
Flashlights  
Plastic utensils & paper plates

**TOILETRIES**

Razors (Mach-3 brand preferred)  
Shaving cream (tubes only)  
Feminine hygiene products  
Breath mints/Listerine strips  
Toothpaste & toothbrushes  
Body washes  
Eye drops (i.e. Visine)  
Lip balm & Chapstick  
Baby Powder  
Sunblock, Sunscreen, Zinc  
Vitamins-any kind

**SMALL, TRAVEL SIZE: NO HOTEL SAMPLES!**

Electric Shavers (batt. pow.)  
Combs & hair brushes  
Nail clippers, nail files  
Mouthwash  
Lozenges & cough drops  
Liquid hand sanitizer  
Band-Aids, nasal spray  
Moleskin, cortisone cream  
Foot Powder  
Deodorant, shampoo  
Bug Spay  
Toiletry bags  
Q-tips  
Cotton balls  
Dental floss  
Tissue-indiv  
Hair Condit.  
Lotions  
Baby wipes  
Tylenol/asp.

**ENTERTAINMENT**

DVD movies (new or used)  
Music CDs (new or used)  
X-Box games (new or used)  
PS2 games (new or used)  
Travel size games (UNO, Othello)  
Portable CD players  
35mm disposable cameras  
Arts & crafts kits/sketch pads

Electronic games (handheld)  
Crosswords & other puzzle books  
Comic books, mad libs, joke books  
"AA" & "C" batteries  
Playing cards, whiffle balls  
Pens & Mechanical pencils  
Paperback books (new or used)  
Small board games, day plan.  
Water guns  
Nerf footballs  
Yo Yo's  
Frisbees  
Baseball &  
sports gear  
Stationery  
Pocket calend.