



... with courage, sacrifice and love

*South Bay Blue Star Moms*

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[www.southbaybluestarmoms.org](http://www.southbaybluestarmoms.org)

**Below is a list of items that have been requested by our troops. Please note that the following items are prohibited: Any type of pornography or sexually suggestive material, alcohol, glass, flammable liquids, perishable foods and any type of pork or pork by-products.**

### **REQUESTED ITEMS**

Power Bars, High Protein Snacks  
Packs of Gum  
Beef Jerky (small packages)  
Slim Jims  
Tuna (foil pack or with crackers)  
Individual sized cereal boxes  
Sunflower seeds, nuts, trail mix  
Instant Oatmeal/Soup (packets only)  
Powdered Drink Mix  
Instant Coffee/Tea (individual servings)  
Instant Cocoa (individual servings)  
Individual Condiment Packages  
Hard Candy (individually wrapped)  
Individual Peanut Butters  
DVD Movies, Music CDs (used is okay)  
Games (travel size)/Small Toys  
Small memo pads  
Comic Books, Puzzle Books  
Pens, Blank Paper, Plain Envelopes  
Blank Greeting Cards  
Disposable Cameras

Tissues  
Eye Drops  
Baby Wipes (individual size)  
Sunblock (travel size)  
Insect Repellent (non-aerosol, travel size)  
Hand Sanitizer (travel size)  
Q-Tips (travel size)  
Deodorant (non-aerosol, travel size)  
Shampoo (travel size)  
Conditioner (travel size)  
Lotion (travel size)  
Disposable Razors  
Shaving Cream (non-aerosol, travel size)  
Toothbrushes  
Toothpaste (travel size)  
Dental Floss  
Lip Balm  
Gold Bond Foot Powder (travel size)  
Small First Aid Kits  
T-Shirts, Socks  
Boot Liners/Insoles

**The Number 1 Requested Item: Cards, Letters and Photos from Home!!**

**Don't forget our female military personnel: Deodorant, Shaving Cream, Nail Care Items, Hair Care Items**

*Thank you for supporting the troops!!*