

## **DEPLOYED SOLDIERS WISH LIST FOR WOMEN'S RETREAT**

**SEPTEMBER 17-19, 2010**

This is a list of some of the suggestions that have been received from families, friends or even soldiers that are helpful and needed during their deployment overseas.

### **Here are some helpful hints for your consideration of donating to the Service Project for the Women's Retreat, 2010:**

- ☺ Use AAFES if you can no tax and free shipping.
- ☺ If you send electrical items, you might want to check electric input Iraq is 220 volts, the do sell converters from 220 to 110 volt. In fact, here is a website for transformer/converter:  
<http://www.traveloasis.com/>.
- ☺ At Christmas (I hope they are on their way home by then but) the boxes I got were wrapped, and MARKED "Do Not Open Until December 25<sup>th</sup>", yes, I waited and it was kind of like Christmas.
- ☺ You will be cutoff about 30 to 45 days before they come home from sending packages. It takes a long time for it all to catch up, the Fargo Reserve Center still gets packages and mail that came to the Bases, but weren't delivered because the unit had been mustered home.
- ☺ Popcorn makes perfect packaging material (cheap too).
- ☺ DO NOT SEND ANY ALCOHOL, PORN, DRUGS OR DRUG PARAPHERNALIA. I know you wouldn't but some soldiers did receive alcohol and were caught with it, and yes, they were prosecuted for it.
- ☺ FOOD- For some reason eating in a Dining Facility that serves anywhere from 100 to 4000 soldiers, just doesn't have the home cooked flavor. When packages came in and food was in them, we had little mini picnics, and smorgasbords.

Here are some food suggestions that are very much appreciated:

- ☺ Canned tuna or **BETTER** yet, tuna in the pouch (weighs a lot less), chicken, chili, stew, cheese dip, bean dip, rice dishes and pasta dishes that are ready to eat and just need to be warmed in the (no microwaves, but with the temperature over 120, they just lay them in the sun for about 30 minutes, and “God’s microwave” takes care of it). (One soldier remembers seeing pictures of the troops in WWII cooking eggs on the shell of a tank.)
- ☺ Canned corned beef, sardines, salsa, smoked salmon or smoked oysters, macaroni and cheese, but **ONLY** the one that has the canned Velveeta cheese, beans and franks, canned fruit and ramen noodles and cup a soup, dry cereal. They can heat the ramen, add some chicken and it’s almost a real food dinner. Don’t forget pickles and olives.
- ☺ Easy pre-food stuffs. Any pre-packaged food that can be made with hot water, oatmeal, cup-of-soup, etc.
- ☺ Fruit/Jell-O cups and puddings that kids use in school lunches are great. Be sure to wrap them in a plastic bag because sometimes the rough handling causes them to burst.
- ☺ Any kind of food that you’d not normally buy or have at home. One soldier got a package from home that had crackers, cheese, spices, etc.... from specialty shop like Oriental, Hungarian, etc. It was exotic, very good and fun.
- ☺ Drink Mixes (Tang, Gator Aid, and presweetened Cool Aid).
- ☺ Crackers and Summer Sausage (make sure it’s the type that doesn’t need refrigeration until after opened).
- ☺ Instant Cake Mixes (some soldiers had an oven and could make cakes. Don’t forget to send a pan, eggs they got from the mess halls).
- ☺ Pizza Mixes (some soldiers also had a pizza oven; don’t forget the pan and cutter).

- ☺ Instant Puddings (they got milk from the mess halls, but, don't forget a bowl and a whisk).
- ☺ Chewy Candy (t gets really hot from May until September or October, so watch the stuff that may melt over 100 degrees).
- ☺ Individually wrapped snack items, are great.
- ☺ Cheese-Kraft Can style.
- ☺ Coffee maker with filters and coffee (or just the coffee).
- ☺ Spices (small containers of season salt, etc.).
- ☺ Bread Makers with mixes.
- ☺ Pringles or that style of chips in a can.
- ☺ Hard Candy.
- ☺ Movies (both VHS and DVD ANDS old and New).
- ☺ Pillows (small or the full sized air blow-up type used for camping).

No aerosol, glass containers, chocolate candy, no bulk items.

No large items (all items have to fit in back packs or pockets.

**PERSONAL ITEMS:**

Chap Stick/Lip Gloss

Tooth Brush/Toothpaste/Dental Floss

Body Powder/ 9 oz. Baby Powder w/Corn Starch

7 oz. Foot Powder

3.24 oz. Suave Cocoa Butter/Shea Hand Lotion

12 oz. Suave Body Wash

Disposable Razors

Wet Wipes-Baby Wipes (no large boxes, please)

Olay Facial Wipes (dry just add water)

Natural Tears Eye Drops

Hand Sanitizer, 2 oz.

Deodorant

Tampons

**NON FOOD ITEMS:**

Suntan Lotion/Insect Lotion with Deet  
Pens/Letter Size Writing Paper/Envelopes  
Travel Size Tissues  
Tylenol/Advil (Packs only)  
Magazines/Paperbacks/No Offensive or Obscene Material  
Chaplain takes care of all Religious Items (So Not Send)  
Black Socks (Black Only)  
AA Batteries  
Disposable Cameras

**SNACK ITEMS:**

Beef Jerky  
Slim Jims  
Sunflower Seeds  
Pumpkin Seeds  
Jolly Ranchers/LifeSavers/Starburst/Skittles/Tootsie Rolls/Peanut  
M&M's  
Dried Fruit  
Peanuts/Nuts  
Chewing Gum  
Pop Tarts  
Crystal Light/Cranberry (individual packets)  
Tea Bags/Coffee (small boxes)  
Twizzlers/Nibs  
Granola Bars