

LEGALMAN PROJECT

We are asking for the following suggested items for the care packages:

Hygiene

Antibiotic Ointment	Chapstick/lip balm/Carmex
Sunscreen (Bull Frog is good)	Bug Repellent (with deet)
Face cleaner	Eye drops/Saline
Liquid hand sanitizer/Baby wipes	Foot/body powder (Gold Bond)
Deodorant	Shampoo/Conditioner
Tooth Brush/Toothpaste	Nose spray/nose drops
Hand/Body Lotion	Band-aids, Mole Skin
Soap	Mouth Wash
Nail Clippers	Dental Floss
Tums/Roloids	Tylenol/Aspirin
Q-Tips	Toilet paper

Food

Single serving pasta	Ready to heat soups
Lunchables	Ramon Noodles
Powdered Power-aide/Gator-aide or sweetened Kool-aide/Tang	Tuna Kits
Granola bars/Cereal Bars	Fruit Roll-ups
Raisins	Beef Jerky (no pork)
Applesauce	Fruit/Pudding Cups
Cereal (individual servings)	Chex Mix

Snacks

Hard Candy (no chocolate-it melts)	Snack Mix
Chips/Cookies/Crackers/ Pretzels	Microwave Popcorn
Sunflower seeds	Pop Tarts
Gum	Aqua drops
Rice Kristy Treats	Peanuts in a shell
Jelly Beans	Snack Cakes
	Licorice

Misc.

Condiments (salt/pepper/sugar/coffee supplies)	Lemonade mix/Ice Tea mix (individual packets)
Cough drops	Stationery/envelopes/stamps/pens
Dice/travel games	Individual instant coffee bags
Books/magazines	Tylenol, Ibuprofen & Allergy medicine
Zipper Ziploc bags - small & large	Instant cameras
RainX	Small sewing kits
Mini Flashlight	Travel Games
Puzzle Books	Stress Balls
Paperback Books (novels)	

Do not send any adult/religious material, alcohol, pork or playing cards. Do not send gag items or anything that might offend the Legalman. You may also check www.usps.com/supportingourtroops/maillingrestrictions.htm to determine if any additional items are being restricted.