

Care Package Items Service Members Love



Here are some of the most requested items:

Avoid restricted items: Hand sanitizer, aerosols, lithium batteries Sometimes, coffee, supplements, meat products, and over-the-counter meds are also restricted.

Little things we have access to all the time are rare, special treats

- Coffee, teas, cocoa & apple cider packets
- Creamer powder & sugar for coffee
- Drink mix flavoring (MIO, Crystal Light, lemonade, Kool-Aid)
- Hydration packs
- BBQ, taco & hot sauces (Plastic bottle or single-serve packs)
- Dried fruits, nuts, trail mix, sunflower/pumpkin seeds
- Beef Jerky (no Slim Jims - pork products prohibited in many areas)
- Protein bars, granola bars, cereal, or breakfast bars. oatmeal packets
- Cookies, crackers, chips
- Ramen Noodles, Microwave Mac & Cheese, Tuna & chicken pouches
- Peanut butter & jelly (Plastic bottle or single-serve packs)
- Gum, candy, mints, Life Savers (chocolate can melt in some places)

Everyday Hygiene Items that aren't often accessible

- Shampoo, conditioner, soap, & deodorant
- Shaving cream & razors
- Chapstick, lip balm, and lotion
- Baby wipes & powder (no hand sanitizer)
- Toothbrushes, toothpaste & dental floss
- Visine, eye drops, & sunscreen

Feminine products

Misc. Items That Are Great To Add For Fun

- Books, movies, & magazines (no inappropriate or nude images)
- Games & puzzles, notepads, coloring books, pens, pencils, etc.
- Batteries (must be in original packaging and unopened)
- Blankets
- 100% cotton T-shirts & cotton socks (Black or white)

Free reminders of home!

- Cards, written notes, newspapers, magazines, and letters are always favorites!

Have questions or need help? Reach out at any time!

Meeting: calendly.com/shipthrifty

Call us: 800-544-4992

Email us: contactus@shipthrifty.com