

Care Package Items Service Members Love



Note: USPS prohibits mailing hand sanitizer, aerosols, and [other hazardous materials](#), there may also be base-specific restrictions which you can find here: <https://postcalc.usps.com/militaryrestrictions>.

Here are some of the most requested items:

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

- Teas, cocoa & apple cider packets, coffee (check base restrictions for coffee)
- Creamer powder & sugar for coffee
- Drink mix flavoring (MIO, Crystal Light, lemonade, Kool-Aid)
- Hydration packs or Liquid IV
- BBQ, taco & hot sauces (Plastic bottle or single-serve packs)
- Dried fruits, nuts, trail mix, sunflower/pumpkin seeds
- Protein bars, granola bars, cereal, or breakfast bars, oatmeal packets
- Cookies, crackers, chips
- Ramen Noodles, Microwave Mac & Cheese
- Peanut butter & jelly (Plastic bottle or single-serve packs)
- Gum, candy, mints, Life Savers
- Beef Jerky, tuna, chicken packets (check base restrictions for meats; Slim Jims have pork)

Everyday Hygiene Items that aren't often accessible

- Shampoo, conditioner, soap, & deodorant (keep separate from food, if possible)
- 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.
- Hand warmers
- 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