

SUPPORTING MILITARY WOMEN

A Special Thank You to NSDAR Member & Navy Veteran - Liz Osborne
and her many Female Navy Friends Who Provided Us with this Information!

CARE PACKAGE ITEMS REQUESTED BY WOMEN IN THE MILITARY



- ◇ Name Brand Tampons (Tampax Pearls)
- ◇ Panty Liners/Feminine Pads (all sizes)
- ◇ Face Wash
- ◇ Good Smelling Hand Soap
- ◇ Good Smelling Lotion
- ◇ Fragrant Bar Soap
- ◇ Quality Shampoo
- ◇ Leave in Conditioner / Hair Oil
- ◇ Body Butter Lotion
- ◇ Name Brand Sunscreen
- ◇ Hair Items—Bobby Pins and Hair Bands/Hair Ties/Scrunches
- ◇ Disposable Face Masks
- ◇ Manicure/Pedicure Supplies (No Polish)
- ◇ Quality Deodorant
- ◇ Vitamins—Daily type
- ◇ Small Sewing Kits
- ◇ Small First Aid Kits / Band Aids
- ◇ Tissue Packs (Individual)
- ◇ Cough Drops
- ◇ Dental Products including Dental Floss
- ◇ Small Sweat / Workout Towel
- ◇ Tide Pods / Downy Dryer Sheets—Var. Scents
- ◇ Quality Stationary, Note Cards, Box of Birthday Cards, Box of Seasonal Cards
- ◇ Pens and Pencils
- ◇ Flashlight with Red Beam
- ◇ Thumb Drives / Flash Drives
- ◇ Air Fresheners—Febreze and replacements or for Vehicles
- ◇ Packages of Small Gold Ball Earrings—Pierced
- ◇ Adult Coloring Books w/Colored Pencils
- ◇ Crossword Puzzle / Suduko Books
- ◇ New Books and Magazines (not used)
- ◇ Fake Flower Arrangements (small)
- ◇ Jump Ropes / Resistance Bands for Work Outs
- ◇ Brita Water Bottles & Filters
- ◇ Teas—Chamomile, Sleepy Time, Assorted individually wrapped preferred
- ◇ Quality Coffee / Instant Coffee / Powdered Creamers
- ◇ Powdered Drink Mixes—Individual Packages
- ◇ Fast Food Sauce Packets
- ◇ Nutella/Bagel Seasonings/Ice Cream Sprinkles
- ◇ Any Snack Items from Trader Joes
- ◇ Battery Powered Rechargeable Fan (small)
- ◇ Magnetic Dart Board
- ◇ Magnets to Hang Up Things

****See Other List for More Food Items****