

## **Troop Boxes**

If you want to send items to our troops, contact your local base Military & Family Readiness Office.

For example, in Michigan, at Selfridge ANG Base, the 127<sup>th</sup> Wing Military & Family Readiness Office states you can donate items (list below) bring them into the office, and they will fly them out on their planes.

If you want to do it yourself for a soldier, use an address you already have, use the priority box \$12.95 at the post office. It is one price for everything you can fit in it. Or you can get a name from <https://www.herobox.org> After you register, you will see a list of names. Underneath each name is a list of items that the soldier needs or wants. You can donate an entire box or pick a soldier to send to.

Suggested items to send:

NO PRESSURIZED PRODUCT (aerosol shave cream, etc.)

NO COCOA

NO PORN, ALCOHOL, or DRUGS (they are illegal and the soldier WILL get into trouble)

Personal hygiene-unscented when possible)

Wet wipes, individually wrapped,

Disposable Razors,

ChapStick's

Body wash, lotion, face wash, mouth wash, deodorant, Q-tips, shampoo, conditioner, foot powder, and small grooming kits.(Small bottles, sealed and wrapped in a plastic bag)

Feminine products (unscented if possible), small packs of tampons and napkins.

Laundry PODS that are packed in a sturdy plastic or metal container.

Sunscreen

Magazines (Clean content, no nudes)

AA & AAA batteries

Movies on the USB thumb drive only. Keep them virus-free. (DVDs and tapes are useless)

2 GB USB memory stick (thumb) drive -blank.

Cards and letters. Group photos of you and your group. Troops want to know who sent the package.

Food- Beefy Jerky, Hard candy, Gum, all flavors, Protein Bars, Protein Mixer bottles/shakers, Wrapped cookies, crackers, corn nuts, Rice Krispies Treats, Slim Jims, Granola Bars and snack bars, Nuts, Dried Fruit, Tins and packets of flavored coffee and cappuccino, breath mints.