



Please Join AVET Project in the **TROOPS Supply Drive** serving in combat
Get your friends, neighbors, schools, church and clubs to HELP.

Below is a list of items you can donate.

Any large company or corporation donations please contact AVET Project directly.

Personal HYGIENE Items

- Body wash/shampoo (2 n 1)
- Shampoo/Conditioner
- Hand Sanitizers Wet Wipes (travel size)
- Deodorant (stick or roll on)
- Female Feminine Hygiene Products
- Loufa Sponges, Buff Puffs, Washcloths
- Q-Tips (travel size), Hairbrushes
- Razors (good disposable),
- Eye Drops (Visine), Tissues (travel size)
- Foot Powder/Baby Powder
- Hand Lotion, Nail Clippers, Nail Files
- Sunscreen and Lip sunscreen
- Tylenol (individual packets)
- Band-aids, Gauze Pads, Ace bandages,
- Icy Hot or Bengay cream, Moleskin

DENTAL

- Floss, Mouthwash
- Toothbrushes, Toothpaste

DRINK

- Coffee (ground and instant)
- Cappuccino, Hot Cocoa (dry mix)
- Gatorade (dry mix)
- Single serving mix (Kool Aid, Crystal Light)
- Herbal Tea Mixes

5 Hour Energy Drink

FOOD

- Vitamins (*multi-vitamins are always needed*)
- Nuts, sunflower seeds, cashews, etc...
- Protein Bars, Granola Bars
- Tuna/Chicken (packed in **pouch**)
- Beef Jerky, Dry Salami, Vienna sausage
- Dried Fruit, Canned Fruit (pop top cans)
- Pop Tarts, Granola Bars, Breakfast Bar
- Girl Scout Cookies, Oreos, Fig Newton's
- PB Crackers, Cheese Crackers
- Single Microwave Meals (Hormel)
- Spices, Sugar, Salad Dressings

CANDY

- Candy (heat resistant), Gum, Mints

Other Items Requested

- Batteries (AA, DD, C, etc)
- Hand and Foot Warmers
- Bug Spray LOTION Skin So Soft
- Duct Tape (Black or Green)
- Disposable Cameras
- Flashlights (mini/mag lite, extra bulbs)
- Shoe Insole Cushions
- Socks (cushioned white calf high)

PRINTED MATERIALS

- Books (novels, short stories)
- Magazines (fitness, cars, computer, women's)

CORRESPONDENCE

- Journal and Writing Pens
- Writing Paper and Envelopes (stamps Please)
- Computer Jump Drive, Flash Drive
- Prepaid Phone Cards

GAMES

- Crossword Puzzles
- Playing Cards
- Sudoku books
- Travel Games

MUSIC

- CD Fanny Packs, CDs, head phones,
- DVDs new and used
- Hand held electronic games

TOYS (win their hearts and minds)

- Beanie Babies, Jump Ropes, Frisbees,
- Hacky Sacks, Yoyos, Nerf balls (small),
- Poker chips, Littlest Pet Shop (or alike),
- Dominoes

Thank You Cards are always appreciated and cash donations for shipping.

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