

Drink Items

- Powdered Drink Mixes
- Powdered Gatorade
- Tea Bags
- Sugar Packs
- Sugar Substitute Packs
- Coffee
- Creamer

Top Requested Food Items

- Poptarts
- Cereal Bars
- Hot Cereal
- Pancake Mix-Just add water
- Syrup

Meat Items

- Pepperoni sticks or slices
- Beef Jerky
- Tuna in a Pouch
- Chicken can or pouch
- Summer Sausage

Snacks

- Cookies
- Crackers
- Canned Snacks
- Salsa and Chips
- Canned Cheese
- Power Bars

Instant Meals

- Chef Boyardee
- Ramen Noodles
- Just Add Water Meals (Sam's Club)
- Soups
- Pasta
- Spaghetti Sauce (plastic jars or cans only)
- Easy Mac&Cheese
- Bowl Appetite

Toiletries

- Soft Toilet Paper (BIG hit)
- Body Wash
- Shampoo
- Baby Wipes
- Moisturizer Lotions
- Toothpaste & Brush
- Razors (Mach 3 favorite brand)
- Shaving Cream
- Chap Stick

Over the Counter Meds

- Tylenol
- Excedrin
- Maalox
- Pain Run
- Eye Drops
- Non-drowsy cold medicine
- Itch Relief Cream

Personal Items

- Socks black & white
- Underwear Small Med Lge (Men's and Ladies)
- Ladies Sports Bras SML
- Dark Towels
- Dark Pillow Cases
- Pillows
- Cleaning Supplies (no aerosol)
- Shower Shoes SML

Female Items

- Tampons
- Feminine Pads
- Nail Clippers
- Tweezers
- Body Lotions
- Body Sprays

Entertainment Items

- Music CDs
- DVDs

Magazines

- Crossword Puzzles
- Games
- Used Gameboys and Games

Holiday Seasonal Items

- Holiday decorations (keep in mind most will be thrown away after they are used)
- Small 4 ft. Christmas Trees in boxes
- Christmas Lights
- THIN dark gloves (fleece is perfect)
- Fleece Roll-up Blankets
- Long Underwear M, L, XL
- Under Armor shirts and pants (M, L, XL-kind of expensive)
- Dark Skull Caps
- Hand Warmers
- Feet Warmers
- Music CDs (can be used)
- DVD Players
- Gameboys and Games (Used)
- Board Games
- Puzzles
- Dominos
- Playing Cards
- Dark Bath Towels
- Batteries, AA, C
- Hot Chocolate
- Coffee and Creamer
- Soups, Dry or canned
- Chili, stews
- Summer Sausage
- Crackers
- Canned Cheese
- Microwave Meals
- Pop Corn
- * Bethany Group will also be collecting letters to our service men and women, to include in the care packages.

** No pornography, nothing even close, the culture prohibits it. No pork products, no flammable products.

** Religious materials are fine as long as they are not being sent in huge amounts for Iraqi distribution. We get requests for these items often.