

Here is a list of suggested items for care packages from some of the established support organizations online. Please keep in mind that the UAE is Islamic, and so certain things cannot be sent. For instance, the content of certain movies and magazines (such as Maxim or GQ) is inappropriate.

#### Hints

- Think on the go. Small individually wrapped snacks that can be slipped into a uniform pocket are a big hit.
- Chocolate will melt before it ever gets to the United Arab Emirates.
- We have heard that many units are up to their necks in playing cards, so let's avoid them for now.

#### Suggested Non-Food Items

Air freshners (especially the "hang in the car" types)  
Antibiotic cream  
Anti-bacterial Wipes  
Baby oil, baby powder  
Baby wipes \*\*\* this is a hot ticket item, very popular  
Batteries  
Beanie Banies  
Body wash  
Boot socks  
Brown Under Armor t-shirts/Cool Max t-shirts  
Chapstick  
Comic Books  
Contact lens cleaner  
Crossword puzzle or Sudoku books  
Dental floss, especially flavored  
Disposable hand and foot warmers  
E-mail greeting cards  
Eye drops  
Foot powder  
Gloves  
Good bath towels and washcloths  
Goofy toys (slinkies, yo-yo's, nerf balls, etc)  
Hooah bars  
Insect repellent  
Joke books (Mad magazine is popular)  
Hand lotion  
Kung fu movie DVDs (the worse the better)  
Magazines (car, sports, fitness are special hits)  
Movie DVDs  
Paperbacks  
Q-tips  
Shampoo  
Stationary and pens  
Sunglasses  
Sunscreen  
Toothpaste  
Water bottle misting fans

Waterless hand sanitizer or hand soap  
Ziploc bags

#### Suggested foods:

Beef jerky/beef sticks  
Canned chicken or pop top cans  
Canned or pouched tuna  
Cereal bars/granola  
Energy bars  
Cheese spread  
Chex mix  
Chips/Pringles  
Cookies (store bought)  
Drink mixes (single serve especially)  
Dried fruit/yogurt raisins  
Flavored coffee mixes  
Gatorade  
Gum  
Ground Coffee  
Hard candy  
Hot chocolate mix  
Hot sauce/salsa  
Instant coffee creamer  
Instant oatmeal  
Instant soups  
Jelly and peanut butter (plastic jars)  
Kool Aid  
Little Debbie's snack cakes  
Microwavable brownie and cake mixes  
Microwavable Mac & Cheese  
Microwavable popcorn  
Microwavable Zatarains Cajun rice mixes  
Nuts (canned or pouched)  
Ravioli in pull top cans  
Sugar or Sweet N Low packets  
Sunflower seeds  
Tea bags/Chai mixes