

## WESTBOROUGH VETERANS ADVISORY BOARD

### SUGGESTED ITEMS FOR CARE PACKAGES FOR THE TROOPS

Enclose a card listing the contents of the package. Include the recipient's name and your name on the card:  
Update 2/20/2017- please DO NOT include recipient's name on the package

~~LTC Luis Rodriguez,  
HHC-1-181,  
Unit 31530,  
APO, AE 09833~~

That way, if the package breaks open accidentally the contents scatter during shipping mail handlers will know what to repack.

Do not send perishables because of the desert climate.

#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

During warmer months, sweetened drink mixes such as lemonade and iced tea will be welcome, hard candy and gum, bubble gum.

#### PERSONAL CARE AND CLOTHING

**Choose small, travel-size containers** of personal care products, and no aerosol cans. To keep liquids from spilling, put in a zip lock bag. Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues

**Personal care.** Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain reliever, feminine hygiene products for women.

Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.

"Goggle-style sunglasses" Your service member will appreciate these if he or she is deployed in the desert. Olive green large cotton socks make sure they are made of 100 percent cotton rather than a cotton blend.

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**THERE ARE 189 MALES, AND 3 FEMALES IN THE BATTALION**

**ENTERTAINMENT AND COMMUNICATION**

**Reading material.** Paperback books, current magazines, comic books.

Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.

**Games.** Foam footballs and foam basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos.

**Electronics** Portable DVDs-movies, CDs, handheld electronic games.

**Writing material.** Notepaper, envelopes, pens, pencils, and stamps.

**WHAT NOT TO SEND**

There are be items you cannot send, your service member is in the Middle East you should not send anything that would offend people of the Islamic faith, including obscene material (Playboy etc.), religious materials contrary to Islam, no alcohol, or non-authorized political materials.

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**DROP OFF AND PICK UP LOCATIONS**

- **FIRST UNITED METHODIST CHURCH**  
120 West Main Street  
Westborough, MA 01581
- **WESTBOROUGH PUBLIC LIBRARY**
- **WESTBOROUGH SENIOR CENTER**
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120 West Main Street  
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~~LTC Luis Rodriguez,  
HHC-1-181,  
Unit 31530,  
APO, AE 09833~~

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Do not send perishables because of the desert climate.

#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

During warmer months, sweetened drink mixes such as lemonade and iced tea will be welcome, hard candy and gum, bubble gum.

#### PERSONAL CARE AND CLOTHING

**Choose small, travel-size containers** of personal care products, and no aerosol cans. To keep liquids from spilling, put in a zip lock bag. Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues

**Personal care.** Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain reliever, feminine hygiene products for women.

Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.

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**Reading material.** Paperback books, current magazines, comic books.

Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.

**Games.** Foam footballs and foam basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos.

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**Reading material.** Paperback books, current magazines, comic books.

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**Games.** Foam footballs and foam basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos.

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APO, AE 09833~~

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#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

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#### PERSONAL CARE AND CLOTHING

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**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

During warmer months, sweetened drink mixes such as lemonade and iced tea will be welcome, hard candy and gum, bubble gum.

#### PERSONAL CARE AND CLOTHING

**Choose small, travel-size containers** of personal care products, and no aerosol cans. To keep liquids from spilling, put in a zip lock bag. Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues

**Personal care.** Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain reliever, feminine hygiene products for women.

Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.

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## WESTBOROUGH VETERANS ADVISORY BOARD

### SUGGESTED ITEMS FOR CARE PACKAGES FOR THE TROOPS

Enclose a card listing the contents of the package. Include the recipient's name and your name on the card:

Update 2/20/2017- please DO NOT include recipient's name on the package

~~LTC Luis Rodriguez,  
HHC-1-181,  
Unit 31530,  
APO, AE 09833~~

That way, if the package breaks open accidentally the contents scatter during shipping mail handlers will know what to repack.

Do not send perishables because of the desert climate.

#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

During warmer months, sweetened drink mixes such as lemonade and iced tea will be welcome, hard candy and gum, bubble gum.

#### PERSONAL CARE AND CLOTHING

**Choose small, travel-size containers** of personal care products, and no aerosol cans. To keep liquids from spilling, put in a zip lock bag. Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues

**Personal care.** Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain reliever, feminine hygiene products for women.

Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.

"Goggle-style sunglasses" Your service member will appreciate these if he or she is deployed in the desert. Olive green large cotton socks make sure they are made of 100 percent cotton rather than a cotton blend.

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**THERE ARE 189 MALES, AND 3 FEMALES IN THE BATTALION**

**ENTERTAINMENT AND COMMUNICATION**

**Reading material.** Paperback books, current magazines, comic books.

Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.

**Games.** Foam footballs and foam basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos.

**Electronics** Portable DVDs-movies, CDs, handheld electronic games.

**Writing material.** Notepaper, envelopes, pens, pencils, and stamps.

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~~LTC Luis Rodriguez,  
HHC-1-181,  
Unit 31530,  
APO, AE 09833~~

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Do not send perishables because of the desert climate.

#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

#### FOOD AND DRINK

During warmer months, sweetened drink mixes such as lemonade and iced tea will be welcome, hard candy and gum, bubble gum.

#### PERSONAL CARE AND CLOTHING

**Choose small, travel-size containers** of personal care products, and no aerosol cans. To keep liquids from spilling, put in a zip lock bag. Toiletries. Toothbrush, toothpaste, dental floss, cotton swabs, shaving lotion, disposable razors, shampoo, individually packaged tissues

**Personal care.** Individually packaged baby wipes, eye drops, lip balm, lotion, aspirin or other pain reliever, feminine hygiene products for women.

Foot care. Moleskin, medicated foot powder, athlete's-foot ointment.

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**Reading material.** Paperback books, current magazines, comic books.

Word games and puzzles. Crossword puzzles, word searches, jigsaw puzzles.

**Games.** Foam footballs and foam basketballs, Frisbees, Hacky Sacks, playing cards, yo-yos.

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**Reading material.** Paperback books, current magazines, comic books.

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#### FOOD BEVERAGES

**Powdered drink mix.** Your service member will appreciate anything that can be mixed with water. sweetened drink mixes such as lemonade and iced tea will be welcome.

**Quick protein.** Energy bars, non-perishable beef jerky. Make sure the meat is labeled USDA Beef.

**Snacks.** Look for small, hard containers of chips, pretzels. and nuts. These are easier to carry than large containers. Candy and gum. Avoid chocolates or anything that can melt in desert heat.

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