

# **Soldier Gift Ideas**

## **FOOD ITEMS:**

Any kind of junk food that will ship well.

- Cookies
- Coffee
- Beef Jerky
- Salted Peanuts
- Cup of Noodles (The "just add hot water" kind)
- Trail Mix
- Sunflower Seeds
- Granola Bars
- Breakfast Bars
- Fruit Snacks
- Bean Dip, Salsa, and Chips
- Crackers
- Soup, Canned Chicken (Pop-open cans or send a can opener with it.)
- Tuna pouches
- Powder Drink Mixes to add to water bottles.  
(Kool-Aid, Propel, Gatorade, Instant Coffee)
- Sauces to liven up the taste of foods  
(BBQ, Ranch, Ketchup, Salsa, Soy Sauce, Hot Sauce, etc.)

## **Please DO NOT SEND:**

Chocolate candy bars because they melt. Liquids that will leak.

## **CARE ITEMS:**

- Canned-air to clean dust out of computers, weapons, and other equipment.
- Anything that the soldiers can do on their down time that will help them relax. They need things that will help them smile and laugh, they need a little comic relief.
- DVD Movies (New or Used)
- Music CDs (New or Used)
  - CDs containing iPOD or MP3 Music
- Video-taped Oregon State and/ or University of Oregon sporting events
- Games (Small travel size games are the best.)
- Books
- Current Magazines
- OREGON NEWSPAPERS! (Especially the sports sections)
- Travel size laundry detergent
- Small flash lights
- Batteries of different sizes
- Phone Cards (AT&T and MCI work the best)
- Oregon Photos and Calendars
- Any Oregon specific items give them a reminder of home.
- School supplies or toys to be given to local children.