

**Suggested list of item for packages shipped  
to Napa Military Personnel  
serving our County overseas**

**Due to Military and Postal Policies and Regulations, we CANNOT SHIP or ACCEPT these items:**

- **Home-baked food**
- **Glass bottles or glass jars**
- **Aerosol cans or sprays**
- **Expired food**
- **Canned food**
- **Lighters, matches or lighter fluid**
- **Hotel samples**
- **VHS tapes**
- **Hard-cover books**
- **Music CDs**

**FOOD and SNACKS:**

- Beef Jerky / Slim Jims
- COFFEE (Ground or whole; instant or drip), Hot Chocolate packets, Herbal teas
- Instant Drink Mixes (Gatorade, Kool-Aid, Crystal Light)
- Pumpkin Seeds/Sunflower Seeds (salted)
- Tuna in foil pouches (no cans)
- Protein Powders/Protein Bars/Cliff Bars
- Hard Pretzels/Cheetos/Fritos/Wheat Thins
- Gum and Hard Candy (must be individually wrapped)
- Granola Bars/Power Bars/Cereal Bars
- Small Packs of Fig Newtons, Oreos, Cheese-Its
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups/Fruit Gummies
- DRY SOUP: (Ramen Noodles/Cup-O-Soup)
- NUTS: Peanuts, Mixed Nuts (salted)
- MICROWAVE FOOD (Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese...)
- COOKIES/Girl Scout Cookies
- Cheese & Cracker packs
- Condiments, Spices; Sugar; Salad Dressing (no glass jars)
- Oatmeal Packs (Instant: just add water)
- Cereal (Small, individual boxes)
- Rice Krispies Treats (Store-bought only)
- Caffeinated gum or candy (to stay alert)

**\*NO CHOCOLATE PRODUCTS accepted from MARCH to OCTOBER (it will melt in high temperatures!)**

**TOILETRIES: NO HOTEL SAMPLES!**

- Deodorant (travel size)
- Razors (disposable: "Intuition" or "Mach 3" type)
- Shaving Cream/Shaving Soap (in boxes or tubes; NO CANS of Shaving Cream)
- Cotton Swabs (i.e. Q-tips)
- Band-aids, Gauze Pads,
- First Aid Kits Lip balm/Chap Stick
- Baby Powder & Foot Powder (travel size)
- Loufa Sponges/Buff Puffs
- Washcloths Tissues (individual packs; travel size)
- Sunblock, SPF 50
- Vitamin E, Aloe Vera
- Gel Bug Spray with DEET
- Skin-So-Soft Hand & Body Lotion/Moisturizer (travel size)
- Mouthwash (travel size)
- Toothpaste & Toothbrushes & Dental Floss
- VITAMINS (multi-vitamins are always needed!)
- Breath Mints/Breath Strips Lozenges/
- Cough Drops
- Nail files/Emery Boards/Nail Clippers
- Feminine Hygiene Products
- Cotton Balls
- Tylenol, Motrin, Advil or Aspirin Packets
- Moleskin Shoe Insole Cushions (gel kind is best)

**OTHER:**

- Linens: Pillow cases, twin sheets, towels (green & tan)
- T-Shirts: Cotton green & tan (Sizes: M, L & XL)
- Laundry Detergent: (Click [HERE](#) for types)
- Small Flashlights (battery operated)
- Air Fresheners
- Socks: Black, Olive Green & White (cotton and/or wool)
- Small toys & school supplies for Iraqi & Afghani children