



Blue Star Moms of Marin

"Show Them We Care and Send a Bit of Home"

HELP SUPPORT OUR TROOPS



We are sending Care Packages to U.S. Military personnel serving around the world. This is one of the most direct and immediate ways in which we can show our support for the young men and women who are risking their lives in service to their country. If you would like to help, we are collecting the following items

SPACE & WEIGHT: our troops carry heavy backpacks, so small, individual, travel sizes are preferred.
NO pork products, aerosols, fragrances (attracts insects)

Food Items

gum
instant drink mix (single tube,
antioxidant/electrolyte types i.e.:
Propel, Gatorade, Emergen-C)
ground coffee (small pkgs)
instant cocoa (individual pkgs)
tea bags (small boxes/pkgs)
cereal (individual size boxes)
instant oatmeal (individual pkgs)
instant soup
cup o' noodles (single serve)
healthy snacks
dried fruit/raisins (small pkgs)
nuts (small pkgs)
granola or protein bars
trail mix (single serve)
beef jerky (no pork)
packets of tuna and crackers
cans of tuna (pull top)
canned meats (no pork)(pull top)
cans of soup or chili (pull top)
snack crackers (6-pk, cheese,
peanut butter, graham etc.)

Travel Size Toiletries

chapstick/lip balm
sunscreen (sweat proof)
foot/body powder
deodorant (unscented stick/roll on)
baby wipes (unscented, reseal)
nail clippers / nail files
disposable razors

First Aid

Tylenol/Advil/Aleve/Ibuprofen
Motrin (small jars or packets)
Imodium
Benedryl
Hydrocortizone
Tums
Neosporin
eye drops
eye glass wipes
cloth Band Aids (don't sweat off)
athletic tape

Women Travel Size

Tampons
Midol
hair accessories (brown, coated
rubber bands or barrettes)

Miscellaneous Items

hand warmers
magazines (for men and women)
comic books
crossword puzzles
Sudoku puzzles
travel size games/playing cards
pens & pencils (Ticonderoga #2)
eyeglass repair kits
Super Glue (to seal wounds)
re-sealable food bags
(large & sandwich size)

The most requested items are cards and letters from home! You can make a huge difference to a far-away soldier by taking just 5 minutes from your busy day to sit down and write a short note or funny card saying "Thank you for your service!"

If you have items to donate, please email info@bluestarmomsofmarin.org and we can arrange to pick them up.
We're also grateful for any cash donations to underwrite the cost of shipping these care packages.
(We are a 501(c)(3) organization.)

Thank you for your support!

www.bluestarmomsofmarin.org