



# Blue Star Moms of Marin



*“Send A Bit of Home”*

## ***HELP SUPPORT OUR TROOPS, THEIR FAMILIES AND OUR VETERANS***

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 chocolate, pork products, aerosols, fragrances (attracts insects).***

### **Food Items**

gum  
instant drink mix (single tube,  
sugar-free energy types, i.e.:  
Propel, Gatorade, Emergen-C)  
ground or instant 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  
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/chicken and crackers  
canned meats (no pork)  
snack crackers (teddy grahams,  
6-pk, cheese, peanut butter)

### **Travel Size Toiletries**

chapstick/lip balm  
sunscreen (sweat proof)  
anti-chaff lotions/sticks  
medicated foot/body powder  
body wash  
bar soap (unscented, small)  
shampoo and conditioner  
baby wipes (unscented, reseal)  
insecticide wipes (unscented)  
nail clippers/nail files  
disposable razors  
hand sanitizer (pocket size)  
eye drops and eye glass wipes  
Q-tips (travel size)/cotton balls

### **Women**

face lotion  
Midol/Tampons  
hair accessories (brown, fabric-  
coated rubber bands/barrettes)

### **Miscellaneous Items**

hand warmers/foot warmers  
DVD movies  
comic books  
crossword puzzles  
Sudoku puzzles  
travel-size games/playing cards  
pens & pencils (Ticonderoga #2)  
eyeglass repair kits  
Krazy Glue (to seal wounds)  
slider plastic food bags  
(large & sandwich size)  
REI Paracord 550 (dark colors)  
AA batteries

### **First Aid**

Tylenol/Advil/Aleve/Ibuprofen/  
Motrin (small jars or packets)  
Imodium, Benedryl, Tums  
Hydrocortizone/Neosporin  
cloth Band Aids/athletic tape

**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!”

We also donate unused travel-size toiletry bags to the VA Hospital in San Francisco for our veterans who have an overnight stay, and to the Fisher House at the Palo Alto VA, which houses the families of wounded soldiers.

If you have items to donate, please email [info@bluestarmomsofmarin.org](mailto:info@bluestarmomsofmarin.org) and we can arrange to pick them up or call our warehouse at (415) 883-8177 for drop off hours. Warehouse is located at 401-D Bel Marin Keys Blvd., Novato CA.

**We're also grateful for any cash donations to underwrite the cost of shipping these care packages.**

(As a 501(c)(3) organization, all donations are tax deductible.)

**Thank you for your support!**

[www.bluestarmomsofmarin.org](http://www.bluestarmomsofmarin.org)