



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 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