

Care package information

In planning your care package remember that the Flat Rate Boxes available from the US Postal Service is the best way to send items as the cost drops dramatically from a regular box as the charge is determined by weight. Also, Mailing labels and customs declaration forms are also available at the Post Office.

Flat rate boxes will arrive in Afghanistan or Iraq within 5-10 days.

Secure your box with clear packing tape, do not use string or twine.

Any liquids should be put into Ziploc bags in case of leakage or damage.

The return address on the package must be that of a person and not an organization.

A good packing material is popped popcorn as it is not a disposal problem at the end location.

DO NOT SEND: Chocolate candy bars because they melt. Pork is offensive to the Muslim culture.

DO NOT SEND: It is against military regulations for soldiers to possess pornographic materials, and punishable under the Uniform Code of Military Justice. It is also advised that possessing such is disrespectful to the sensitivities of the Muslim culture.

DO NOT SEND: Hygiene items, such as toothbrushes, soap, toothpaste, razors, etc. Our soldiers say that because of the generosity of people sending care packages, there are more personal hygiene items stored at the military base camps than they need.

DO NOT SEND: Religious idols, small bibles are OK

DO NOT SEND: Alcoholic beverages.

DO NOT SEND: Any type of explosive materials.

DO SEND: Any kind of snack food that will ship well.

Cookies	Coffee	Jerky	Pepperoni	Microwave Popcorn
Nuts	Trail Mix	Granola Bars	Breakfast Bars	Energy Bars
Fruit snacks	Crackers	Tuna pouches	Granola Bars	Cheese and cracker snack packs
Cup of Noodles	Trail Mix	Sunflower seeds	Sugar and creamer packets	
Bean Dip, Salsa, and Chips		Soup, Canned Chicken (Pop-open cans or send a can opener with it.)		
Powder Drink Mixes to add to water bottles. (Kool-Aid, Propel, Gatorade)				
Sauces (BBQ, Ranch, Ketchup, Salsa, Soy Sauce, Hot Sauce, etc.)				
Seasonings				

DO SEND: Canned-air to clean dust out of computers, weapons, and other equipment.

DO SEND: 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.

Video-taped Oregon State and/ or University of Oregon sporting events and even local high school sporting events

Games (Small travel size games are the best.)	Books	Current Magazines	small flashlights		
OREGON NEWSPAPERS! (Especially the sports sections)		Batteries	Oregon photos		
Calendars	school supplies	Candy	Toys	AT&T phonecards	Hand sanitizer

Visine

TOBACCO: Sending these items is up to your personal preference. Cigarettes (Marlboro, Camel)

Chewing Tobacco (Skoal, Copenhagen), Cigars.

HELPFUL WEBSITE:

www.operationhomefront.net

Gift Boxes - Operation Homefront Oregon sends gift boxes to our deployed military on a monthly basis. Names and addresses are forwarded to us by family members.

Lower income families have a hard time paying for postage to send items to their deployed loved one. We have stepped in and paid this postage, and continue to provide monthly boxes to these members of the military. This helps keep our deployed soldiers' morale at a high level.