

# Please help Echo Co. Project send care packages to our Troops

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Suggested list of needed supplies for the Troops Care Packages to Iraq Hygiene:

- Baby or wet wipes. Alcohol free, reclosable soft packs
- Oral B brush ups, single use disposable fingertip toothbrush
- Lubricating eye drops or artificial tears preservative free (do not get red eye items)
- Small travel size anti-perspirant deodorant for men.
- Lotrimin AF or Tinactin athletes foot ointment or cream. (no aerosol cans)
- Saline nasal mist spray
- Jock itch creams. No aerosol spray cans
- Boot liners or cushioned insoles for men. Also odor eaters.
- Lysol disinfecting spray
- Moisturizing lotions or creams-fragrance free & Sun block (waterproof or sport)
- Q tips- travel size best

Clothing and Misc.:

- **Cash donations to help pay for shipping of the boxes to the Marines**
- Socks & underwear- all sizes (Men's) 100%cotton- white
- Super glue and also Shoe Goo-found in sporting goods area to repair shoes
- Bug spray in pump bottles (no aerosols) also fly tape and pet flea collars
- Leather man all in one tool-camping type solar showers
- Ziploc type storage bags-snack size mostly, quart 1 or 2 gallon size
- Batteries-mostly AA
- Magazines, current- interest to men, writing paper ,envelopes, black ink pens
- Portable CD music players, and music CD's, DVD movies
- 10) AT&T Global Military prepaid calling cards.(must be military global to work in Iraq) can be purchased on line at [www.milexch.com](http://www.milexch.com) or call 1-800-636-3297.
- Spawar calling cards (International calling through the internet for Military) can be purchased on line at [oif.spawareurope.net](http://oif.spawareurope.net) or call 1-800-324-5028.

Food:

- Beef jerky or summer sausage.(no pork) In original vacuum seal pack.
- Tuna or Salmon in foil seal packaging
- Cereal or granola bars. No chocolate (melts in heat)
- Canned fruit, in individual serving size with pull tab lid
- Gum - must be in blister pack type packaging
- Nuts and dried fruits in packages
- Pre sweetened beverage mixes. Single serve packets are best.
- Candy or goodies that will not melt in heat, or crush easily. &
- Tapatio hot sauce

**Please note:** Items must be sealed in original packaging for shipping purposes. Cash donations are greatly needed for shipping costs. Please contact Jay or Kelly Vernon (414-803-4907) with any questions. Checks or money orders may be sent any time to Echo Co Project, PO Box 31, Greendale, WI 53129.