NEED TO HAVE
A Christmas card with a friendly note from home. (Note: It is not necessary to add your full names & addresses; however, if you do, the recipients often respond.)

Medicated Foot Powder + Medicated Foot Spray (non-aerosol)
$5 (or higher) to buy Tim Horton products to send overseas.
Power Bars (sold at drug stores, department stores, etc.)
Sunscreen (high number coverage)
Medicated Lip Balm
Wet Wipes
Hand Sanitizer
playing cards, puzzle books
small pkgs of Kleenex (not the big boxes – just pkgs)
Beef Jerky
microwave popcorn
M & Ms (the only chocolate that won’t melt)
gum
Werthers candy
Peanut Butter

NICE TO HAVE
Homemade Fudge (all soldiers LOVE fudge!!!)
Canadian Magazines (i.e. Bread N’ Molasses : )
Novels
Small writing pads + pen and/or pencil
Feminine hygiene products
DVD Movies/Series (used or new)