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)