



COMMUNITY OUTREACH
Lincoln Laboratory



Give2theTroops®
LIST OF ITEMS TO SEND TO THE TROOPS
(No glass, aerosol cans/sprays, or lighters)

*** Purple font = most NEEDED & REQUESTED items**
Highlighted items = Recent, Most requested items

FOOD:

Whey Protein Bars & Powder
Tuna Fish in packets (not cans)
Salted Pumpkin Seeds/Sunflower Seeds
Beef Jerky / Slim Jims (They love this!)
Granola Bars, Breakfast Bars & Power Bars
Trail Mix, Dried Fruit & Raisins
Salted Nuts (any kind)
Pop-Tarts
Cookies (Girls Scout or any kind)
Coffee (ground or instant - decaf or regular)
Condiments and spices (no glass)
Pretzels (no breakable chips)
Snack Foods (any kind!)

Gatorade / Kool-Aid / Crystal Light (Instant Drink Mixes)
GUM & hard candy (must be wrapped!)
Fruit Roll-Ups, Gushers, etc.
Oatmeal (Instant, in packets)
Small packs of crackers or cookies
Ramen Noodles/Cup-o-Soup (instant soup - add water)
Hot Chocolate Packets
Peanut butter (small plastic jars or tubes)
Low-Carb foods
Cereal (small, individual boxes)
Microwaveable foods (Mac & Cheese, popcorn, too!)
Chip Dips in cans or tubes
NO CHOCOLATE (April-Sept. or else it melts!)

TOILETRIES:

Razors (Mach-3 brand preferred)
Shaving cream (**tubes only**)
Feminine hygiene products
Breath Mints/ Listerine strips
Toothpaste & toothbrushes
Body Wash
Eye drops (i.e. Visine)
Lip balm & Chapstick
Baby powder
Sunblock, Sunscreen, Zinc
Vitamins – any kind

SMALL, TRAVEL SIZE ONLY!

Electric shavers (battery powered)
Combs & hair brushes
Nail clippers, nail files
Mouthwash
Lozenges & cough drops
Liquid hand sanitizer
Band-Aids
Moleskin
Foot powder
Deodorant
Bug Spray & DEET

NO HOTEL SAMPLES!

Toiletries Bags/Cases
Q-tips
Cotton balls
Dental Floss
Tissues: Individual packs
Shampoo & conditioner
Hand & body lotion
Baby wipes
Nasal spray
Tylenol & aspirin packets
Anti-itch or cortisone cream

ENTERTAINMENT:

DVD movies (new or used)
Music CDs (new or used)
X-Box games (new or used)
PS2 games (new or used)
Travel size games (UNO, Othello)
Portable CD players
35 mm Disposable Cameras
Arts & Crafts kits/sketch pads

Electronic games (handheld)
Crosswords & other puzzle books
Comic Books
Mad Libs, Joke books
Batteries: "AA" and "C"
Playing cards
Pens & mechanical pencils
Paperback books (new or used)

Water guns
Nerf footballs
Yo Yo's
Frisbees, Whiffle Balls
Baseball & sports gear
Hackey sack balls
Envelopes & stationery
Day planners & pocket calendars

OTHER:

White Cotton Socks
Black Cotton or Wool socks
Generic sunglasses
Shoe & boot insole cushions
Bandanas
Under Armor Shirts
T-shirts for hospital use

Pre-Paid, phone cards (AT&T Long Distance preferred)

Room deodorizers
ZIP LOC, Freezer Baggies
Battery-operated fans
Laundry detergent (powdered only)
Dryer fabric sheets
Fly swatters / fly paper
Toys & school supplies for children
Twin size pillow cases
Twin size bed sheets
Duct Tape
Hair clippers (electric)
Flashlights
Plastic utensils
Paper plates

THANK YOU! God Bless our Military, our POW's, Our Veterans and this great nation!
Questions? Please visit the website at www.Give2TheTroops.org