



At Casting Cares we believe that our military and their families do us a great service at a very great expense to themselves. We here at Casting Cares aspire to serve them by various means. Our vision is to supply an unlimited amount of encouragement through notes, care packages, prayer, personal interaction as well as a shoulder to cry on when needed.

If you know someone currently serving in our military who needs support please visit our website at

WWW.CASTINGCARES.ORG

ITEMS LIST

THIS LISTED IS A GENERAL LIST OF THE MOST REQUESTED ITEMS BY OUR TROOPS.

CHIPS, BOXED CEREAL, AND HYGIENE PRODUCTS ARE THE NUMBER ONE REQUESTED ITEMS.

Please see pictures for item samples and suggestions. Everything pictured are travel size and accepted items.



We need items to send in the care packages. Donations are accepted throughout the year for shipping funds and we are always looking for Care Package Sponsors. If you, your company or organization would like to donate items to support the Troops, please use this list as a reference for the types of items to collect for the Care Package Project. This list is a general guideline for items you will be requesting for your care package drive when working with our team. Not all items will fit in the individual boxes. This is just a generalized sheet indicating what may be sent to our troops.

PLEASE NOTE: We can no longer accept hotel travel items without an ingredient label on them. Food items shipped with toiletry items will taste like deodorant, foot powder and toothpaste. To avoid this, we separate them in quart size Ziploc plastic bags and ensure they are sealed tightly. All items must be new and in the original sealed packaging. Homemade food items cannot be accepted due to military regulations.

Please consider working with your office, school, church or organization to make cards or write letters to include in care packages sent overseas. Cards and letters from the people that support our troops go a long way and help boost troop morale. Troops are especially touched by homemade cards from children, or letters that let them know what's going on back home and how you appreciate what they are doing.

Food and Snack Items

- Nuts, sunflower seeds, peanuts, trail mix,
- Power bars, protein bars, nutritional bars
- Beef jerky, Slim Jims (NO PORK)



- Single-serving bags of Chips, Crackers, Teddy grahams, Cookies, Pop Tarts, Cereal bars, Granola Bars
- Ramen Noodles
- Seasoning salts, flavor packets (no liquid)
- Popcorn (microwaveable)
- Single-serving size snacks and non-perishable food items (No Candy or gum)

Pork and pork by-products are not allowed to be shipped to Middle East combat locations.

We can only accept non-perishable foods items only. Single-serving package sizes are preferred; large packages won't stay fresh and are harder to ship.

All donations must be travel size and unopened.

Candy or gum is not suggested since even hard candy can melt easy.

Personal Hygiene Items

- Sunblock
- Eye Drops (to relieve dry eye, not redness)
- Blistex, Chapstick
- Nasal Saline spray/drops
- Travel size packages of Q-tips
- Eyeglass wipes
- Wet wipes
- Women's feminine wipes
- Disposable hand sanitizing wipes
- Shave Cream mens and womens (tube style only)
- Toothpaste
- Toothbrushes
- Floss
- Shampoo
- Men's and women's deodorant
- Liquid bodywash soap, bar soap
- Lotion, unscented, for dry skin
- Kleenex (travel-size packets)
- Oral B Brush-Ups™ Wisps
- Body Powder, Foot Powder
- Feminine Tampons, Pads and Liners

We send a new body wash, shampoo, deodorant, chapstick, lotion, bar soap, toothpaste, toothbrush, floss, Kleenex, Eye Drops, and Wet Wipes in every box.

The demand is very high for these items.

We cannot accept items without ingredient labels, and pump-style dispensers such as shave cream in metal containers.



Miscellaneous Items

- Disposable cameras
- Envelopes
- Small pads of paper
- Pens and unsharpened pencils
- Small, blank journals
- Small pocket notebooks
- Snack, Sandwich, Quart-size Ziploc plastic bags
- Movie DVDs (new or used; original only)
- Music CDs (new or used; original only)
- Soft cover books
- Flashlights
- AA and AAA Batteries
- Small hand-held games



Clothing Items

- Long underwear during winter months
 - Fingerless gloves
- Stocking caps (plain, gray, black or olive green)
- Knee length Tube Socks (Black or white-must fit over combat boots)
 - T-shirts (olive green or white)
 - Sunglasses



Beverage Items

- Instant Coffee
- Single wrapped Tea or Coffee bags
 - Ground coffee
 - Hot cocoa mix
- Lemonade mix, Kool-Aid® mix, Tang®,
 - Iced Tea mix
 - Gatorade® mix (powdered only)
- Crystal Light® (or other brand) "On The Go" flavor packets

Drink mixes such as Lemonade, Kool-Aid or Crystal Light come in boxes of several sleeves of flavoring that can be added to a 16-20 oz. water bottle as well as quart or gallon size. Because larger packages don't stay fresh for shipping, we can only accept the flavorings that can be added to a 16-20 oz. water bottle.

We CANNOT accept large quantities with the thought of dividing them. The troops are not allowed to use pre opened packages.

