

# **SUPPORT OUR TROOPS**

## **Ocean County NJ Based Support Our Troops Project**

**For Service Men & Women in all military branches deployed in Afghanistan,  
Iraq, ships at sea, and other dangerous locations around the world.**

### **Most requested items for Men & Women**

**Due to mailing restrictions, all items sent must be non-aerosol and non-flammable.**

Shampoo/Conditioner (small sizes preferred)  
Sun Screen/Body Lotion (small sizes preferred)  
Hand Soap (bars & liquid)  
Shaving Cream & Razors  
Toothbrushes  
Hand Wipes  
Insect repellent  
Chap Stick  
Cotton Swabs  
Tissues (small packets preferred)  
Over the counter Medical supplies  
(aspirin, cough medicine, vitamins, band-aids)  
Eye Drops  
Mouthwash (small)  
Socks (white or black), cooling bandannas  
T-Shirts & Sweat Shirts (with or without logos)  
Sports items (soccer, football, baseball, etc.)  
Games (puzzles, board games, playing cards, etc.)

Small Size Powder Drink Mixes  
(to add to water bottles)  
Microwaveable Foods/Soups  
Popcorn/Nuts, & Sunflower Seeds  
Granola/Protein Bars/Energy Bars  
Gum/Breath Mints  
Hard Candy/Snack Food, M&M's  
Snack Items/Slim Jims/Beef Jerky  
Cereal (small sizes preferred)  
Spices, hot Sauce (to liven up bland food)  
Coffee Packets/K-Cups/Tea Bags  
Greeting Cards (all occasions)  
Reading material (book & magazines)  
DVD Movies & CD music  
Pens, Pencils, & Writing Paper  
Various School Supplies  
Laundry Soap (pods preferred)  
Dryer & Swiffer Sheets

**The most popular items being requested by the WOMEN in the military include the following:**



Overnight Pads	Hair Dye (natural Colors)
Kotex & Tampons	Hair Spray (non-aerosol)
Panty Liners	Leave in Conditioner
Jam Hair Products	Midol & Advil Liquid Gels
Keratin Treatments	Hand Lotion
Facial Cleaners	Eyebrow Shaper
Pore Strips	Dryer & Swiffer Sheets
Bobby Pins & Hair ties (black & blonde)	Dark Sunglasses
Small Makeup Kits	

**There are collection boxes in the SRPE Clubhouse. There are also boxes for old cell phones, which are recycled and exchanged for phone cards which are included in the troop mailings.**

**Tax deductible donations to help pay for shipping may be sent to  
VFW Post 9503, 383 Veterans Blvd., Bayville, NJ 08721  
Make check payable to "VFW Post 9503, Troop Mailing Fund."**

**For more information, contact Lloyd Mullikin, 732-269-1397, or Email:  
LLOYD.MULLIKIN@GMAIL.COM**