



APPROVED ITEM LIST :

NOTE JUST IN FROM THE ARMY AND NAVY SOME PROTEIN BARS CONTAIN HEMP, HEMP SEEDS AND/OR HEMP OIL. Don't

send they won't be distributed to the troops, they will be destroyed. Two brands are "Kind" and "Kashi" please check all other "protein bars" or just don't accept them.

Also check all items especially food items expiration dates.

This is an update (Sept. 2017) from the DPO (diplomatic post office) NO Hand wipes (single or larger including baby wipes), No hand sanitizer, No mouthwash, No medicines Nothing with alcohol will be accepted. Nothing that looks like a weapon (this includes squirt guns, nerf guns)

Beef Jerky	Pens/note paper (no pencils)
Camper style food	Powdered Drink Mixes
Candy* (nothing twist tied Or small cardboard boxes)	Eye Drops must remain in their boxes
Oatmeal	Razors
Chapstick	Sardines
Crackers (cheese PBJ, etc)	Snacks (cookies, chips)
Facial Tissues, travel size	Tea Bags/Coffee Packets ***
Fast Food Condiments**	Toothpaste travel size
Decks of cards/dice	Toothbrushes
Slim Jims/Jerky	Trail Mix
Gum	Travel Games
Hot hands (warmers)	Tuna (small cans or pouches)
Quart size baggies	Hot Chocolate mixes
Hand Lotion	Nuts/Seeds
Nerf Toys (very small)	
Small local newspapers	

****All nonfood items must be put into a snack bag before placing in the quart bag. If it is too strong smelling to put in with other items it is too strong to send to our military. Commanders say The enemy doesn't bathe if we smell good they can smell us

All items must be factory sealed. * NO twist tied candy or in cardboard boxes, they can be tampered with too easy and unnoticed. ** condiments and toiletries must be put into snack bags in case they leak and ruin everything else in the quart bag. **Tea and Coffee packets must be in foil, no paper wrappers they are too easy to tamper with. NO aerosol cans of any kind including shave cream. No alcohol or tobacco or any kind. NO books, movies or CD's approved reading material only (see restricted list)