

SUPPORT OUR TROOPS

Care Package Instructions

LCMS MINISTRY TO THE ARMED FORCES helps connect members of the LCMS to the ministry of LCMS chaplains around the world.

Men and women serving in the United States military face times of separation from their families, homes, communities and churches. A simple care package can

go a long way in helping our chaplains reach out to our men and women in uniform. Using everyday items, chaplains can build relationships to spiritually support our servicemen and women. Your support of our U.S. troops will make a difference!

Where to send care packages

LCMS Ministry to the Armed Forces will provide names, addresses and mailing instructions for LCMS chaplains who can distribute your care packages. Please contact us at:

888-THE LCMS or lcmschaps@lcms.org.

***Do not send packages to our office, please.**

Items to include in care packages

You do not need to collect all of the items on the list. Select a few items from the list to collect.

Example: A third-grade class may choose to collect toothpaste and Pop-Tarts. Each student can bring in as many tubes of toothpaste and boxes of Pop-Tarts as they want during an assigned period of time. Once the deadline has passed, mail the items to the assigned chaplain. (*Chaplains move around frequently, so please contact LCMS Ministry to the Armed Forces before sending a package.*) Students also can involve the congregation or other classes. This can even be done as a community event.



Personal Care Items:

Toiletries must be **unscented**.

- Lip balm, like ChapStick or Blistex
- Non-medicated eye drops
- Lens cleaners
- Hand and foot cream, body lotion
- Shampoo and conditioner (small sizes)
- Hand sanitizers, such as Purell
- Emery boards, nail clippers
- Facial cleansing pads
- Large baby wipes (soft packs are best)
- Kleenex packets
- Cotton swabs, like Q-tips
- Hand and feet warmers (the kind used by skiers, hunters, etc.)
- Athlete's foot medicine, such as Lotrimin
- Deodorants
- Aftershave gel or lotion
- **Black or white** tube socks
- Boxer short (S, M, L and XL)
- Moleskin padding and blister-treatment packs
- Gel insoles for boots
- **Soft** toilet paper
- Dental floss
- Vitamin C drops
- Bath gel
- Toothpaste
- Toothbrushes
- Disposable razors
- Shaving cream
- Foot and body powder (Gold Bond powder is a particular favorite)
- Zinc tablets (Cold-eeze cough drops and throat lozenges)

Food/Snacks:

Send items that are packaged in cans or plastic containers so they will not be crushed.

Everything needs to be individually wrapped.

- Doritos
- Pringles (all flavors)
- Tostitos
- Spicy snack foods
- Potato sticks
- Pretzels
- Flavored popcorn, Fiddle Faddle, Cracker Jack
- Salsa and canned dips (not refrigerated)
- Crackers and cheese spread in bottles
- Trail mix
- Granola cereal and bars
- Pop-Tarts (all flavors)
- Power bars (all types that won't melt)
- Beef and turkey jerky
- Cold drink mixes — powdered, pre-sweetened drink mixes like Crystal Light, Wyler's Light, lemonade or Tang
- Hot beverages in individual packets, in both regular and diet:
 - **Flavored** instant coffee and teas (herbal)
 - Gourmet coffee, ground (**always** requested)
 - Powered coffee creamer, plain and flavored
 - Instant hot cocoa mix
 - Spiced apple cider mix
- Individual-serving-size fruits (no refrigeration needed)
- Cereals, including instant oatmeal in “fun flavors,” sweetened dried cereal (individual or big boxes) for snacks
- Foil packs or easy-open, pop-top cans of tuna or chicken
- Individual servings of chili, mac and cheese or stews (They are microwaveable, but they also heat in the sun.)
- Slim Jim or beef sticks, beef salami or pepperoni
- Instant soup or noodles (top ramen)
- Individually wrapped cookies and snack cakes (i.e., Twinkies, Rice Krispies treats, oatmeal cookies, Nutter Butter cookies, graham cracker sticks)
- Cheese and crackers and/or peanut butter and crackers in individual plastic cups
- Gum — lots of it, regular and sugar free
- Nuts — all kinds
- Hard candy, mints, Jolly Ranchers
- Red licorice
- SweeTarts, Starbursts, Life Savers
- Dried fruit and fruit roll-ups
- All types of chocolate (*Note: **Do not send until late October or early November.***)

Other Neat Things to Include:

They really appreciate AT&T phone cards so they can call home. It must be AT&T.

- Disposable cameras
- Batteries (AA and AAA)
- **Only** AT&T phone cards
- Comic books
- Laundry detergent (Pods preferred)
- Fly swatters
- Travel-size electronic games
- Hand pumps to inflate balls
- Mouse traps and fly paper
- Duct tape (green, black or gray)
- Funnels to get drink mix into their canteens
- Cigars (keeps the insects away)
- Neck coolers
- Blank music CDs and jewel cases or paper sleeves
- Magnet-backed photo holders and small personal albums
- Letters of support, cards from students, scouts or church groups
- Pens (preferably black ink), stationary, postcards and greeting cards to send to their families
- Nerf footballs, volleyball and net, soccer balls, basketballs, Whiffle ball and bat
- Dominoes, cribbage boards, Trivial Pursuit, other board games
- Velcro dart game for tents, other indoor games
- Music and movie DVDs and CDs, CD-R computer games, electronic games, Game Boy games, taped sporting events
- ½-gallon-size plastic containers to mix the drink mix in
- Freezer-weight Ziploc bags (all sizes, but especially gallon size)
- Febreze (helps kill the odor of stinky uniforms)
- Self-adhesive envelopes (the others don't adhere well, especially if sand gets on them)
- Decorations for any upcoming holiday from the dollar store
- Use the Sunday comics and sports section as packing material