Commonly Requested Items

**Food**
- Beef Jerky
- Powder Drink Mix
- Dried Fruit
- Power Bar/Granola Bar
- Microwavable Popcorn
- Sunflower Seeds
- Hard Candy
- Twizzlers
- Tuna Fish Packets
- Instant Noodles, Soup
- Coffee
- Trail Mix

**Hygiene**
- Baby wipes
- Hand sanitizer
- Deodorant Male/Female
- Body Lotion
- Sun block
- Toothbrush/paste
- Feminine Hygiene products
- Lip balm
- Throat lozenges
- Eye drops
- Body Powder
- Tums, Rolaids

**Entertainment/Other**
- DVD/CDs Books, Puzzle Books
- Pens, Pencils, Postcards
- Drawing pads, journals
- Magazines
- Tupperware
- Brown undershirts, socks

Please do not send
- Aerosol cans
- Batteries
- Alcohol
- Weapons
- Cell phones
- FM transmitters
- Obscene material
- Items that can spill