

Ocean County NJ based

# Support Our Troops Project

for  
Service Men & Women  
in all military branches

Our Service men & women can use your help with receiving items. These items are for all military branches deployed in Iraq, Kuwait, Poland, Romania, ships at sea, and other dangerous locations around the world. Due to mailing restrictions, all items sent must be non-aerosol and non-flammable.

## MOST REQUESTED ITEMS FOR MEN & WOMEN:

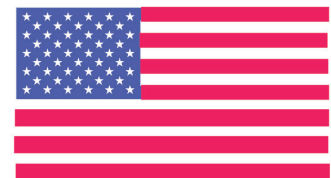
Shampoo/Conditioner\*  
 Sunscreen  
 Body Lotion  
 Hand Soap (bars & liquid)  
 Shaving Cream & Razors  
 Toothbrushes  
 Hand Wipes  
 Insect Repellent  
 Chap Sticks  
 Cotton Swabs\*  
 Tissues\*  
 Over the Counter Medical supplies  
 (aspirin, cough medicine, vitamins, band-aids)  
 Eye drops  
 Mouthwash\*

Powdered Drink Mixes  
 Microwaveable foods/soups  
 Popcorn/Nuts & Sunflower Seeds  
 Granola/Protein/Energy Bars  
 Insect Repellent  
 Hard Candy/Snack Foods/M&Ms  
 Slim Jims/Beef Jerky  
 Cereal  
 Spices/Hot Sauce  
 Coffee Packets/Tea Bags  
 Greeting Cards (all occasion)  
 Reading Material (books/magazines)  
 DVD movies/CD music  
 Socks (white or black)  
 Cooling Bandanas  
 Pens, pencils, writing paper  
 T-shirts/Sweat shirts  
 (with or without logos)  
 Various School supplies  
 Sports items (soccer, football, baseball, etc.)  
 Laundry soap (pods)  
 Games (puzzles, board, playing cards)  
 Dryer/Swiffer Sheets

\* small sizes

## ITEMS NEEDED SPECIFICALLY FOR WOMEN:

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



There are collection boxes in most retirement community clubhouses in Berkeley Township. 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 checks payable to "VFW Post 9503, Troop Mailing Fund"

For more information or if you have questions about how you can help, contact Lloyd Mullikin, 732/269-1397, or Email: LLOYD.MULLIKIN@GMAIL.COM