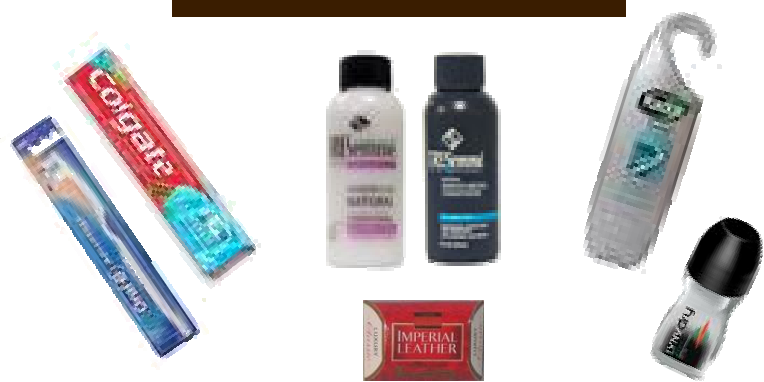


Support Our Soldiers

Registered Charity No 1120684

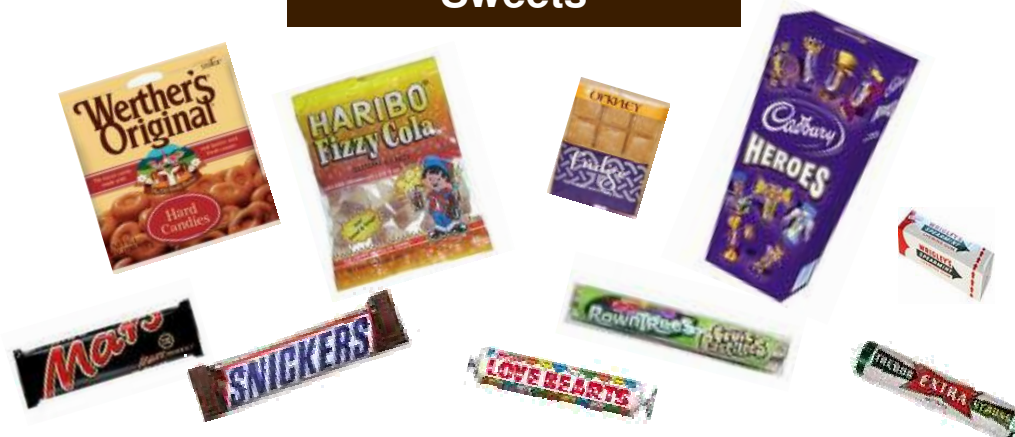
Suggested Parcel Fillers

Toiletries



Toothbrush, Toothpaste (50ml), Soap, Shower Gel, Shampoo & Conditioner (travel sizes ideal), Roll On Deodorant

Sweets



Toffees, Boiled or Jelly Sweets, Fudge, Chocolate Bars, Mints, Wrapped Chocolates or Sweets for sharing, Chewing Gum

Cakes & Biscuits



Cake Bars, Packets of Biscuits, Shortbread, Flapjack, Muffins

Snacks



Cereal Bars, Crisps, Nuts (100g), Cheese Biscuits, Pringles, Dried Fruit, Noodles, Soup

Drinks



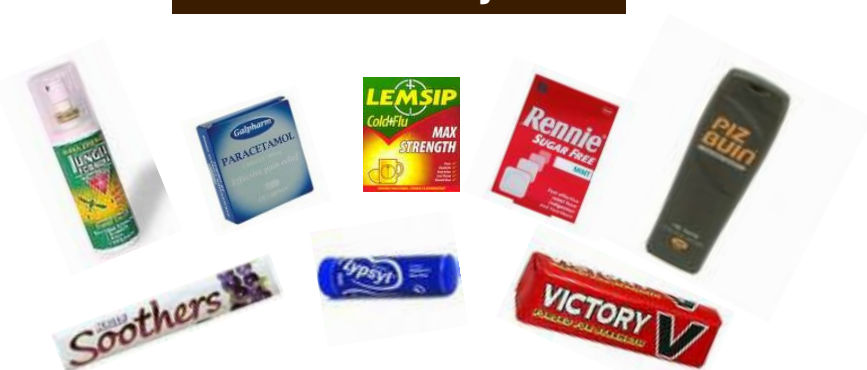
Coffee, Tea or Chocolate Sachets, Small Cartons Fruit Juice, Mini Cans Fizzy Drinks

Recreation



Puzzle Magazines, Playing Cards, Travel Games, Dominos, Books, Magazines

Pharmacy



Paracetamol, Rennie, Lypsyl, Insect Repellent, Sun Cream, Throat Lozenges, Lemsip

Other suitable items include –

Socks, Underwear, Gloves (during Winter months), Pens, Pencils, Notebooks, Batteries, Bootlaces – the list really is endless!

The key is to keep items SMALL and LIGHT as they are packed into shoeboxes which are weight and size restricted. Travel or individual sizes are ideal rather than family or bulk packs

NO AEROSOLS, GLASS ITEMS, ALCOHOL OR LIGHTERS

Please do include a CARD or LETTER with your MESSAGE OF SUPPORT – these are always appreciated!