



## Suggested Parcel Items

### Toiletries

Toothpaste  
Toothbrushes  
Shampoo  
Conditioner  
Shower Gel  
Roll on Deodorant  
Razors  
Shaving Gel  
Talcum Powder  
Foot Powder  
Cotton Buds  
Wet/Moist Wipes  
Tissues  
Lip Salve  
Travel Wash  
Sanitary Protection

### Savoury Snacks

Pringles  
Crisps  
Nuts  
Pork Scratchings  
Beef Jerky  
Savoury Rice  
Noodles  
Oatcakes  
Crackers  
Stock Cubes  
Packet Soups

### Sweet Snacks

Fruit/Cereal Bars  
Fruit Flakes  
Dried Fruit  
Shortbread  
Small Cakes  
Biscuits  
Small Tins Fruit  
Packets Custard  
Evaporated Milk  
Condensed Milk

### Confectionery

Travel sweets  
Toffee  
Fudge  
Mars Bars, etc  
Chocolate Raisins  
Chocolate Peanuts  
Energy Sweets  
Love Hearts, etc  
Fruit Pastilles, etc  
Lollipops  
Mints  
Chewing Gum

### Clothing

Socks/Undies  
T Shirts  
Underwear

### Recreation

Paperback Books  
Magazines  
Puzzle Books  
Sport Programmes  
Playing Cards  
Travel Games  
Jigsaws  
Pens  
Pencils  
Notebooks  
Artists Paints  
Sketch Books  
Batteries

### Pharmacy

Imodium  
Rennie  
Paracetamol  
Plasters  
Insect Repellant  
Sun Screen

### Misc

Boot Laces  
Blank Greetings  
Cards  
Message of Support

This list is not definitive – it's to give you an indication of suitable items. The key is to things small and light as they are packed into shoeboxes which are weight and size restricted. Travel/individual sizes are ideal rather than family/bulk packs. Variety is important too – it's much nicer to receive a box filled with lots of different items, rather than one full of say toiletry items. And please remember, these are morale boosting parcels – the lads and lassies are being well fed and watered!

**Please note** aerosols, alcohol, and lighters are strictly prohibited.

**Many thanks for showing your support to the British Troops!**