



Altrusa SUPPORT OUR SOLDIERS International Service Project



Category 1 Care Packages to Deployed Troops

Some of the best packages are the ones with practical items in it. Soldiers do not have a lot of room for clutter, so the things that are most important to them are the things which can be used to help them in their jobs and enduring their downtimes.

- When mailing packages overseas for **US** Military, USPS provides documents and instructions to be followed, which are necessary for troops to receive packages in the best possible way.
- **NZ** care packages are sent for Defense Force personnel around the world by the RSA (Returned and Services Association). There is a special list in the care packages with a green custom label identifying the packages.
- For military in deployment in **Canada**, the MFRCs provide instructions to mail Morale-Mail-Parcel Services.
- The Canadian Forces Morale and Welfare Services (CFMWS) is responsible for coordination of donations to Canadian Armed Forces deployed troops. All donations must be coordinated through the CFMWS.

There may be local organizations you can contact for locations where packages can be sent for troops to enjoy. Correspondence may or may not be reciprocated by those receiving the packages. Just knowing they are being shared is rewarding.

US MILITARY CARE PACKAGES

SUGGESTED WISH LIST:

- Postcards - Self return addressed can be mailed with no postage needed
- Letters - Kind thoughts with no expectation of reply
- Current Magazines – People, US, Car & Truck
- Paperback Books, Comic Books, Crossword Puzzles, Word Search
- Mechanical pencils and erasers, Black Pens, Writing Paper, Envelopes
- Calculators (Small pocket size), Scotch Tape, Drawing Paper
- Playing cards, Puzzles, Dominoes, Silly String (detects Booby traps)
- Telephone calling cards, Beanie Babies, DVD Movies
- Blank CD's
- Fly Paper, Off insect repellent in plastic bottles
- Any items of personal comfort razors, small plastic bottles shampoo unscented, gel shaving cream, Icy/ Hot Patches
- Sunblock SPF 45 – 55 +, Sunglasses, Chapstick with SPF rating
- Dr. Scholl's products for tired feet, Foot Powder
- Small Travel Size – Baby Wipes, Lens Wipes
- Small Size Toothpaste – Toothbrushes, Dental Floss
- Hand Sanitizer, Body Wash, Body Spray, Shower Gel – No Glass

- New socks (cushioned white calf high)
- Vitamin C cough drops (they get the C and also a hard candy)
- Single Wrap- Oreo Cookies, Peanut Butter Crackers, Pringles
- Powered Drink Mix, Crystal Lite, Lemonade (Single Serving Size for bottled water)
- Snack Foods, Power bars, granola bars (No Chocolate – 120 degrees)
- Good Coffee – Dunkin Donut or Starbucks (Single Serving Size), powdered coffee creamer
- Beef Jerky, Nuts (Small Bags), Pop Tarts, Granola Bars, (Small Bags) Jelly Beans, Bubble Gum, Hard Candy (Single Wrap)
- Tabasco Sauce (No Glass), Skyline Chili (in a can), hot sauce, Taco Bell Sauces
- Can Tuna, chicken salad, Ramen noodles (any flavor)

PROHIBITED ITEMS:

alcohol or alcohol products, fresh fruit, live plants, animals, pork or pork by products, pornographic materials or sexual materials, obscene materials and horror comics, non-authorized political material, religious material in bulk quantities, firearms and ammunition, cash, coins, securities or precious metals in raw state, hazardous flammable toxic and/or radioactive substances

SPECIAL NOTE: Don't use packing boxes that are labeled with a prohibited substance.

ITEMS THAT MAY LEAK (ALSO PROHIBITED):

aerosols, batteries, liquids in glass container (prefer no glass containers sent), perishable food, or electronic devices with batteries installed.

FREE SHIPPING BOXES ARE AVAILABLE

USPS has Priority Mail APO/FPO Flat Rate Box – MILIFRB

Size: 12 in. x 12 in. x 5.1/2 in.

SKU: MILI-FRBX

Following these precautions will safeguard your package on the way to its final destination:

- Place the mailing address inside the parcel on a separate piece of paper.
- Use a box that is constructed to conform to the contents you are sending.
- Place items in the box so that the weight is evenly distributed.
- Add packing material on the inside if any portion of the box sags or is easily depressed.
- Use packaging tape for wrapping the outside of the box. Do not wrap with string.
- Cross out or cover excess markings or printing to prevent your box from being mis-sent.
- Enclose all personal hygiene items, such as deodorant, lotion, or shampoo, in a sealable bag.
- Place all perishable items, such as cookies, chips, etc., in a plastic container.
- When mailing liquids, ensure they are properly packaged. Limit the quantity, use a leak-proof container, and wrap the articles in an absorbent material between the inner and outer containers.

Always use the APO or FPO address, without the name of the city and country

This is to make sure the item is handled in the military mail system instead of the international mail system.

<p>INCORRECT: PFC JOHN DOE 123RD ENG 2ND PLT - B COAPO AE 09398-9998 BAGHDAD, IRAQ</p>	<p>CORRECT: PFC JOHN DOE 123RD ENG 2ND PLT - B CO APO AE 09398-9998</p>
--	---

NEW ZEALAND DEFENCE FORCE CARE PACKAGES

Care Packages for defence troops in New Zealand are sent by the RSA.

Wherever you are in New Zealand (or the Cook Islands) you're never far from an RSA. Find your nearest local Centre for Support, Remembrance and Camaraderie. There are 190 local RSAs . For information on how support can be directed to go to www.rsa.org.nz .

CANADIAN MILITARY CARE PACKAGES

When mailing to military members in Canada:

RANK/INITIALS/NAME
UNIT/SECTION
OPERATIONAL NAME

PO BOX ##### (this varies depending on the operation)
Belleville, ON K8N 5W6

- The address as shown above
- Your return address in the top left corner
- An International Customs Form(CP72), which can be picked up from your local Canada Post outlet or the TMFRC. It should include the address, an accurate list of contents, the estimated cost of the items, and your name, address and signature. Insure that the parcel is wrapped properly and securely and use packing tape. Do not use string to bind the parcel.
- The maximum permitted weight is 18 kilograms (40 pounds). The length, width or depth of the parcel must not exceed 60 centimetres and combined measurement of length plus width plus girth must not exceed 180 centimetres.
- No article may be sent by mail if its nature or packaging may expose postal employees to hazards, or damage other items of mail.
- Bring your package to your local post office (you will have to pay to ship it) **OR drop it at a local armoury or the Toronto MFRC (Free shipping from these locations!).**

Mailing the following items is strictly prohibited:

- alcohol, beer or wine
- explosives, radioactive materials or ammunition
- matches
- flammable liquids or solids
- compressed gas
- propane cigarette lighters
- corrosive fluids
- obscene magazines or pictures
- batteries
- drugs
- perishable items