

Operation Shoebox – for those serving in Afghanistan and Iraq

Ideas to include in a shoebox:

Cotton boxer shorts, cotton knickers, cotton sports socks (all sizes)
Toothbrushes and toothpaste, Flip flops, flea collars (for ankles)
Lip salve, Small tins of Vaseline (green and yellow)
Shaving oils, shaving gels/creams (no aerosols), disposable razors
Stick/roll-on deodorants (unperfumed), small packs of wet wipes
Small baby powder, foot powder, shower gels and shampoo sachets
Panty liners and tampons, hair scrunchies, nail boards
Combs, small hand and body lotions

Small tubes of mustard, tubes of condensed milk, Cup-a-soups
Small variety boxes of cereals, small tins of macaroni cheese, ravioli etc.
Marmite sachets, peanut butter, fruit bags/boxes (dried)
Cereal bars, Pot Noodles, Super Noodles, chilli or Tabasco sauce
Lunchbox sizes of Cheddar biscuits, Jammy Dodgers, choc chip cookies
All varieties of Pringles (large or small packs)
Tea bags (all types including fruit teas), coffee sachets (all types)
Hot chocolate sachets, Ovaltine sachets, marshmallows
Sweets (boiled, Werther's, Starburst fruit chews), Chewing gum

Travel size board games, pens (all types), writing paper, envelopes
DVDs or CDs, books, magazines, puzzle books/magazines
AT&T phone cards
Christmas decorations, blank Christmas cards

Personal messages are encouraged

FOR THE DOGS WORKING WITH OUR FORCES:

Dog chews, dog biscuits, flea powder, collar

Please DO NOT INCLUDE aerosol cans (solvents, deodorant etc) or chocolate (it usually melts)

Please keep the weight below 2kg