



## Care Package for Members Serving in the Military

The APWU is coordinating an effort to show support for union members and their loved ones who are serving in the military. We plan to send them care packages and acknowledge their sacrifice by posting their name, address, and photo on our Web site, [www.apwu.org](http://www.apwu.org). If you would like to prepare your own care package, please follow the guidelines below:

**General Guidelines:** No glass or breakable items; no perishable items; no alcohol; no naughty items (magazines, tapes, etc.); no flammable or explosive items regardless of how harmless they may seem. Avoid items that require refrigeration after opening; avoid items that can melt (such as chocolate) or that can be crushed or that mash easily. All items must be in manufacturer-sealed containers. Used, opened and “don’t send” items will not be forwarded.

### Service Members’ Wish List:

The items listed below are among those most often requested by service members. The items with asterisks (\*) are most desired. Items with the note symbol (†) should not be sent to service members who are recovering at Walter Reed Army Hospital or the Fisher House. (See below.) Personal Items Baby Wipes,\*† disposable razors, shaving cream, toothbrushes, toothpaste, mouthwash, tissues, shampoo/conditioner, antibacterial and no-rinse soaps,\*† sunscreen†, hand/body lotion, lip balm, cotton swabs, bug repellent,\*† feminine products, deodorant, eye-drop solutions.\*

**Entertainment Items:** Board games, card games, newly released CDs and cassettes, DVDs and videos electronic games, stationery, envelopes, pens, postage stamps, magazines, writing pads, crossword and puzzle books, footballs†, softballs†, volleyballs†, frisbees†.

**Miscellaneous Items:** Disposable cameras, pre-paid global calling cards\* (AT&T preferred), sunglasses†, barbecue supplies (small grills and cooking tools) †, travel sewing kits†, shoe shine kits†, zip-lock bags,\* cigarettes and chewing tobacco.

**Food:** Energy and cereal bars, hard candies and mints, microwave popcorn, hot chocolate, drink mixes,\* instant soups,\*† snacks, candy, single serving canned goods†, instant pudding mix, Beef Jerky,\* small-packaged condiment items†.

**Walter Reed Army Hospital & Fisher House:** Injured troops from all branches of the military who serve in Operation Iraqi Freedom and Operation Enduring Freedom are evacuated to Walter Reed Army Hospital for recovery. When necessary, they are transferred to the Fisher House as outpatients.

In addition to the items listed above, these men and women need new civilian clothes and duffle bags. In many case their family members are not able to join them during their recovery, so postage is especially appreciated. The service members who have lost limbs or are unable to use their arms or legs are in need of break-away pants and side-zipper jackets.