

Thank You List  
For  
Provincial Reconstruction Team Ghazni

There are 78 people on PRT Ghazni; eight are women; seventy are men.

Preferred Sizes for items: M, L and XL.

Large is the most common size for men; females medium

Some troops have allergies. Brand name toiletries, which list all ingredients, work the best.

The goal is to supply the troops with items they miss. No Hotel Samples, please!

**No glass jars, cans, or aerosol cans.**

**WINTER ITEMS**

- Hats
- Fleece Blankets
- Athletic socks / wool socks
- Sweatshirts / sweatpants
- Cigars
- Holiday decorations
- Holiday light strings – multi and single colored

**FOOD**

- Beef Jerky / Slim Jims
- Sunflower Seeds & Pumpkin Seeds
- Tuna & Chicken Salad - In Foil Pouches, Or Ready-To-Eat Kits; No Cans
- Protein Powder & Protein Bars
- Girl Scout Cookies
- Home Baked Anything – brownies; cookies
- Rice Krispie Treats (Store-bought only)
- Little Debbie® & Hostess® cake products
- Granola Bars / Power Bars / Cereal Bars / Cliff Bars
- Fig Newtons, Oreos, Cheese & Crackers - Small Packs
- Powder Drink Mix (Gatorade, Kool-Aid, Crystal Light)
- Ground Coffee / Starbucks Coffee
- Chocolate
- Hot Chocolate packets,
- Herbal teas
- Hard Pretzels / Cheetos / Fritos / Chex Mix / Wheat Thins / Ritz
- Salted Peanuts, Salted Mixed Nuts
- Trail Mix, Dried Fruit, Granola, Fruit Roll-Ups / Fruit By The Foot / Fruit Gummies

- Gum / Hard Candy individually wrapped in large bags
- Dry Soup: Ramen Noodles / Cup-O-Soup
- Microwavable Popcorn, Chef-Boy-R-Dee, Mac'n'Cheese
- Oatmeal Packs - Instant
- Cereal - Small, individual boxes
- Condiments, Spices; Sugar; Salad Dressing -no glass jars
- Caffeinated -to stay alert- gum or candy

### **TOILETRIES:**

- Pillow
- Baby Wipes - travel size
- Hand Sanitizer - travel size
- Body Wash, Liquid Soap, Facial Scrub and Cleanser
- Loufa Sponges/Buff Puffs/Washcloths
- Shampoo / Conditioner - travel size
- Hair Gel
- Combs / Brushes / Bobby Pins - original packaging, please
- Lip balm / Chap Stick / Carmex / Blistex
- Hand & Body Lotion/Moisturizer - travel size
- Sunblock, SPF 45, Zinc, Vitamin E, Aloe Vera Gel
- Deodorant - travel size
- Razors - disposable or "Intuition" or "Mach 3" types
- Shaving Cream in Tubes / Shaving Soap
- Baby Powder & Foot Powder - travel size
- Tissues - individual packs; travel size only
- Bug Spray / DEET / Skin-So-Soft
- Mouthwash travel size
- Toothpaste & Toothbrushes & Dental Floss
- Breath Mints / Breath Strips
- Lozenges / Cough Drops
- Nail files / Emery Boards / Nail Clippers
- Feminine Hygiene Products
- Cotton Swabs / Q-tips
- Cotton Balls
- Band-Aids, Gauze Pads, First Aid Kits / Ace bandages, Icy Hot or Bengay cream
- Moleskin
- Shoe Insole Cushions - gel kind is best
- Tylenol, Motrin, Advil or Aspirin Packets
- Eye Drops (i.e. Visine)
- Nasal Spray
- Vitamins - multi-vitamins are always needed

### **ENTERTAINMENT AND SPORTS:**

- Board games - Risk; Axis and Allies; Monopoly; Settlers of Catan

- iTunes® Gift Cards
- Batteries - AA, AAA, C & 9 Volt are the most requested
- DVD Movies - new or used - recent releases preferred
- 35 mm disposable cameras
- Computer Flash Drives & Thumb Drives
- Portable CD players / head phones
- Electronic handheld games
- Pens & mechanical pencils, small note pads
- Stationery & Envelopes; blank cards to send home
- Double-sided tape, small crafts kits, scrap-booking items
- Day planners / Calendars / Small, Pocket Calendars
- Game Books: Crossword Puzzles / Word Search Books / Math Puzzle / MAD LIBS / Logic Problems / Sudoku
- Yo-Yo's, Dominoes, Playing Cards (new), Poker Chips & Mats, Dice
- Dart Boards regular or magnetic - any size
- Nerf Footballs / Whiffle bats, balls & Mitts / Sports equipment
- Frisbees / Hackey sacks