



National Blue / National Guard



Items to provide to Units/Soldiers:

- Personal Care: Toothpaste, mouthwash, toiletries, sun block, lip balm, and other personal care items. (Kits are good too!)
- Entertainment: Calling cards, iTunes card, or other cards that may be used to either contact home or get music/movies Ect.
- Foods: Cookies, crackers, trail mix (packaged and store bought), or drink mix- especially pouches
- Printed: News papers, magazines, or other reading material.

Items NOT to provide:

- Entertainment: Pirated material of any type. They must be original, and should be marked both on the case and DVD where they are being sent and/or to whom. This may prevent it from being stolen while traveling to the unit/soldier. (Again, MUST BE A LEGAL COPY)
- Foods: Unless you personally know a soldier in the unit, homemade goods are not recommended. They are considered potentially contaminated from travel and soldiers are instructed to put them in the trash.

Other Tips

When sending a package to the troops:

1. Send small packages if possible. 10lbs. or less is ideal unless it's actually a very large item.
2. Send few packages at a time. The mail system there is not as sturdy as it is here. Many packages to the same address are rough on personal.
3. Send in the "off" season. Sending a package during the holiday rush will create more stress for certain soldiers.
 - a. It is instead recommended that the packages be sent a good time before the holiday, a month ideally, to ensure it's there in time.
 - b. Include a holiday card or two with postage for the soldier to send to their family back home for a personal touch.





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Support of Units'/Soldiers' Families:

Service Projects:

- A. Leaf Raking/ Yard work
 - a. Work on or around the house that families need help with
- B. Christmas/Birthday Family adoption
 - a. Pick Families to "Play Santa"
- C. Potential Babysitters for Spouse
 - a. Create a list of Members who may be able to assist
- D. Host Dinners to Support Families
 - a. Free dinner for deployed families
 - b. Dinner to raise funds for deployed families

Other Ideas: Operation Homefront

La Crosse area chapters- FREE SHIPPING!!!

Partnering with Operation Homefront may be able to get your packages to the troops sent for free. Simply place the name of the soldier/unit and APO address provided by the FRG on the package and drop the package off at the Arcadia or Onalaska National Guard Armories. Other locations and details are available at www.operationhomefront.net under the Needs in the menu on the left.

Chapters may consider hosting or helping with a "Packaging Party," where care packages are assembled and sent to the unit directly. These events can range in size from a few packages to packages for an entire unit, depending on what resources are available. Hosting would require locating items to send as well as money to pay for shipping.

Chapters may consider being a "Drop Site" for your community, possibly as a satellite of Operation Homefront. This entails making regular shipments to the troops of donated items and letters.

For more information on any Operation Homefront projects, please contact:

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