

- High-quality socks (I have to put this first, because some high-quality socks will make the toughest soldier smile with delight)
- Soap (shampoo, body wash, face wash, etc.)
- Toothpaste, toothbrush and floss
- Deodorant (travel size/non-aerosol)
- Lip balm
- Foot powder
- Baby wipes
- Sunscreen
- Hand sanitizer
- Hot sauce (a great commodity to have around, and the convenience of Taco Bell sauce packets are great to have in the field)
- Water flavoring packets (many places we are deployed are very hot, and we need to constantly remain hydrated)
- Beef jerky
- Slim Jims
- Protein bars
- Gum
- Sunflower seeds
- hot cocoa
- instant coffee
- tea bags
- creamer
- lemonade
- iced tea
- energy bars
- granola bars
- tuna fish
- beef jerky
- summer sausage
- Slim Jim sticks
- canned chicken
- spam
- graham crackers
- regular crackers
- cookies
- GUM
- non-chocolate candy
- nuts
- trail mix
- dried fruit