

MRHS/Support Our Troops

Sustaining the Warrior!

Mainland Regional High School 's project to support our deployed military in Afghanistan is an ongoing project of wrapping, packing and shipping. We need your help to continue this effort, below is a list of items that our female soldiers and infantrymen need.

Please donate whatever you can to support our American Heroes! Here are some items our troops prefer:

- Baby-wipes (always needed)**
- Toiletries**
- Beef Jerky**
- Plastic applicator tampons**
- Hand-warmers (winter)**
- Sunscreen (summer)**
- Q-tips- also used for cleaning weapons**
- Antibiotic Ointment**
- Band-Aids -for fingers**
- Lip balm with SPF (year round)**
- Clorox wipes**
- Eye Drops**
- Ramen Noodles**
- Tooth Brushes and Tooth Paste**
- Batteries-AAA, AA**
- Foot Powder**
- Canned Spam, chicken, or tuna**
- Anti-Monkey Butt**
- Tea2GO/Crystal Light, any powder mix to add to Water Bottles**



Monetary donations are always welcome and appreciated. One box costs about \$15.00 to ship or we will shop for you. Checks can be made payable to MRHS/Support Our Troops. Thank you!

If you have any questions please feel free to call Jo Carney, Project Coordinator #609-927-4151, ext 1914 (school), or 609-926-1701 (home) jcarney@mainlandregiona.net or armymom4ever@gmail.com