

# OPERATION OPEN ARMS



American Recreational Military Services (A.R.M.S.) is a non-profit organization that honors our Armed Services serving overseas. Our goal is to provide comfort packages to all the branches of the military to show our support for these brave men and women. We would like to make life more comfortable during their time overseas and send them a big "THANK YOU" for their sacrifices.

## 25 MOST IMPORTANT ITEMS NEEDED FOR TROOPS

1. *Razors*
2. Peanut Butter
3. ChapStick
4. Q-Tips (Small packs)
5. Suntan Lotion / Bug Wipes
6. Socks
7. Small drink mixes (to add to their water; ie. Crystal Light)
8. *Batteries (All sizes)*
9. Snack Food (popcorn, chips, etc.)
10. Protein Bars / Granola Bars
11. *Microwaveable Food (cans or boxes)*
12. *Eye Drops*
13. Toilet Paper
14. Fly Paper
15. *Mouthwash (small bottles)*
16. Toothbrushes
17. Foot Powder / Spray
18. Gum/Breath mints
19. Cookies (small packs)
20. Slim Jims / Beef Jerky
21. Deodorant
22. Microwavable Soups
23. *Tea / Coffee*
24. Shaving cream
25. Small cereal

**\*\*\* Items in blue are most needed\*\*\***

**If you would like to help, please drop off donated items to:**

**Affiliated Foot & Ankle Center, LLP**

Dr. Jessica Addeo • Dr. Alison DeWaters • Dr. Ben Gujral • Dr. Jasen Langley • Dr. Hal Ornstein

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