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**About 4 The Troops**  
[www.4thetroops.org](http://www.4thetroops.org)

**4 The Troops**, a non-profit 501(c)(3) organization was founded in March 2003 when the war in Iraq flooded the airwaves. The sight of soldiers covered in dust and sleeping on the grounds inspired founder, Anne Galvan, to do something to show our American troops that we care and support them. The program first began when a Marine responded to Anne's letters and care packages. In the letter, he wrote to Anne: "I look before me and see a gathering of my boys enjoying your boxes as if it were Christmas morning. It humbles me to near the point of tears, because you have given them a piece of happiness in a place where that is hard to come by." That one letter encouraged Anne to officially launch 4 The Troops.



4 The Troops has supported thousands of troops from all branches of the U.S. Military, including wounded troops at Camp Pendleton and Walter Reed Army Hospital. The organization has been featured on CNN, MSNBC, Fox News, the Department of Defense website and other media outlets. Founder, Anne Galvan, was named "Inspiring Latina" in the December 2004 issue of "Latina Magazine" for her support to the troops and was named Citizen of the Week by KNX1070 Radio in Los Angeles. Anne is the sister of a Desert Storm Veteran of the U.S. Air Force who proudly served his country and continues to do so.

**Some of 4 The Troops accomplishments**

- Supported thousands of deployed and wounded U.S. troops with care packages
- Arranged numerous morale boosting projects for special holidays to deployed troops
- Sent thousands of sand scarves and goggles to U.S. troops deployed in the Middle East
- Sent thousands of phone cards to deployed troops to communicate with loved ones
- Sponsored newly arrived military units with televisions, DVD players and microwave ovens
- Sent thousands of children clothing to a medic unit to distribute to the children of Iraq
- Paid special visits to both Walter Reed Army Hospital and Camp Pendleton Naval Hospital
- Provided units with softball equipment and baseball caps to encourage camaraderie with Iraqis

As both Operation Iraqi Freedom and Operation Enduring Freedom continue to deploy more American troops, it is important to let these brave men and women know that we support them. They have the toughest job in the world and one they are willing to do thousands of miles away from home for you and me. Your support will touch the lives of so many Heroes for years to come. Thank you for helping us to support the Heroes who keep America free.

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4 The Troops, Inc., a 501(c)(3) non-profit organization  
P.O. Box 712224 - Los Angeles, California 90071  
Website: [www.4thetroops.org](http://www.4thetroops.org) - Email: [annegalvan@4thetroops.org](mailto:annegalvan@4thetroops.org)  
Phone Number: (213) 891-8287



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## Care Package Suggestions

The following are care package suggestion we are requesting at 4 The Troops to send to deployed & wounded troops. The most highly requested items are Entertainment items because they help pass the time. However, we welcome all the items listed below. **Please ensure all food/toiletries and items you donate are NEW, unexpired, fresh and in their original package.** We cannot accept hotel samples toiletries because they don't list their ingredients and some of the troops are allergic to certain ingredients. We hope this information will be helpful. Thank you for supporting the Heroes who keep America free! Your support will keep their spirits high! God Bless You – [www.4thetroops.org](http://www.4thetroops.org)

### Food and snack items:

(NO glass items – Glass will break!) – ALL NEW, please

- Beef Jerky (reputable brand name only and no pork)
- Slim Jims
- Tuna in a pouch (pouch is easier to carry)
- Ramen Noodle Instant Soup Packs
- Easy Mac & Cheese (microwavable)
- Ragu Express (microwavable)
- Pop tarts
- Powdered Gatorade (very popular! Look for the packets!)
- Kool-Aid (pre-sweetened)
- Small cereal boxes
- Assorted cookies
- Assorted crackers
- Assorted potato & tortilla Chips (all kinds--small packages)
- Bean Dip (pop-top)
- Assorted nuts
- Chex Mix
- Granola Bars
- Pudding snacks (packaged)
- Dried fruit/Trail Mix
- Oatmeal packages
- Breakfast bars
- Dried fruit
- Assorted canned fruit (pop top)
- Instant coffee
- Powdered hot chocolate

- Tea bags
- Sugar packets
- Condiments and spices
- Hard candy (wrapped)
- Packaged gum
- All type of snacks!

### Toiletries – Travel Size

#### **NO HOTEL SAMPLES!**

- Sunblock SPF 45
- Shampoo/Conditioner
- Soft toilet paper
- Body wash
- Hand sanitizer
- Liquid soap (NO bar soap),
- Toothpaste and travel size toothbrushes
- Dental Floss
- Deodorant
- Hand moisturizer
- Disposable razors & shaving gel (no foam)
- Avon Bug Spray / Deet (non-aerosol))
- Baby wipes (travel size)
- Moleskin
- Combs & brushes (new)
- Q-tips (travel size)
- Band aids
- Chapstick/lip balm
- Mouthwash (travel size)
- Tissues-travel size
- Dust Masks
- Foot powder
- Shoe/boot insoles or inserts

### Personal Items:

- Cotton Socks (white or black)
- Underwear and t-shirts (Plain colors)
- Dark hand towels and washcloths
- Shower Shoes
- Twin size bed sheets/pillow cases
- Nail clippers

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### Over-the-Counter Medicines:

#### Travel size and unopened

- Tylenol
- Advil
- Tums
- Pain Rub
- Anti-Itch Creams

### For Females

- Feminine hygiene products (Pads, tampons, panty liners)
- Hair bands
- Hair Gel
- Hair pins
- Hair clips
- Bath related items
- Body lotions
- Nail clippers, emory board
- Q-tips
- Compact with mirror (pack it well!)
- Brush/comb - Cute girly stuff!

### Other:

- Assorted batteries (packaged only!)
- Battery-operated fans!
- Zip lock bags
- Small Flashlights
- Assorted sunglasses
- Duct tape
- Laundry detergent (compact)
- Cool ties/bandanas
- Room deodorizers
- Pens & pencils
- Stationery & envelopes
- Day planners and small calendars
- USA Flags
- AT&T Calling cards

### Books/Magazines:

- **BOOKS:** Send new or gently-used assorted **PAPERBACK** books only! The troops sometimes carry their books with them. If you are doing a special paperback collection, please ensure the books are clean, dust free and the covers are not ripped off. Try not to send outdated books. Let's send our troops good reading material!
- **Magazines** –sports related magazines are a big hit! Assorted men's magazines, car/motorcycles, cycling, hobbies and such, women's magazines for your female troop!

### For Fun and Entertainment:

- Letters and cards of support! (address them to Dear Deployed Hero or Dear Wounded Hero – keep them positive and no politics!)
- **DVD Movies only! VERY POPULAR! NO VHS VIDEOS** Most troops do NOT have access to VHS!
- Electronic gadgets or games
- Flash drives (**HOT!**)
- Xbox Games (used or new)
- PS2 Games (used or new)
- Music CDs (current or burn your favorites!)
- Travel size games
- 35 mm disposable cameras
- Plastic-coated Playing Cards
- Yo-Yo's / fun games
- Crossword books
- Comic books
- Nerf footballs
- Frisbees
- Squirt guns
- Dart boards
- Baseball Hats/T-shirts from your hometown!
- Hometown/College/Sports T-shirts!
- Hackey Sacks
- Sports gear
- Portable MP3 or CD players
- Portable DVD players
- Digital Cameras
- Used or new laptops
- Exercise equipment