



# ADOPT-A-BRIGADE

**For the deployed 10th Mountain Division  
Forward Resuscitative Surgical Team & 455th  
Expeditionary Medical Group**

## **WE ARE COLLECTING THE FOLLOWING ITEMS:**

- **Hygiene:**
  - Toothbrushes
  - Toothpaste
  - Shampoo (travel-size)
  - Tampons
  - Shaving cream
  - Disposable razors
  - Cotton balls/Qtips
  - Air fresheners
  - Baby wipes (travel-size packs)
  - Black socks
- **Food/Snacks:**
  - Candy (nothing that can melt)
  - Prepackaged snacks
    - Tasty Cake, Utz, Herr's
  - Gum
  - Mints
  - Beef jerky
  - Cereal
- Nuts
- Sunflower seeds
- Girl Scout Cookies
- Granola/Protein/Nutrition bars
- Coffee
- Pop tarts
- Vitamins
- Flavoring to add to bottles water
- Single-serve packs of tuna/chicken (with pull-tabs)
- **Entertainment:**
  - New magazines/books
  - “Thank you” letters (from kids too!)
  - Playing cards/Card Games
  - Compact games

**All items due by 3/21/2020**  
**Please see Marshall Colbert with questions**  
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