

OPERATION SHOE BOX



The idea that gives you the opportunity to help lift spirits and make life a little more bearable for our service men and women in Afghanistan and Iraq.

Amongst the following pages there are ideas for addition to your box and local coordinators details.

The idea is to encourage people to fill a shoe box with a range of goodies and useful items that would mean so much to the troops, some of whom have been away from the UK for months and missing basic items that we normally take for granted.

We are appealing for people to help fill shoeboxes. We can arrange collection of the boxes and onward delivery.

Ian Whiteway one of the organisers said "I'm sure lots of people will be keen to help our troops at a time when they are far from home and engaged in difficult tasks in Iraq and Afghanistan.

It is the little, more humane things that make life out there more tolerable, things like deodorant, sweets, razors and wet wipes. It would be nice if as many people as possible filled a shoe box to help bring a little cheer to our troops and importantly, let them know that back home in Britain we are thinking of them. Thank you all!"

If you have any queries, please contact Ian at office@operationshoebox.co.uk



HELP OUR TROOPS

We need small donations for small purchases 100% of the monies raised here goes to buying additional items for boxes no-one in our organisation takes a salary we are 100% volunteer run.

From January To September 2009 we have with your help sent 4866 parcels

Please only fill to a weight of just under 2kg

ITEMS THAT CAN BE INCLUDED

New packs of...

Cotton boxer shorts, cotton knickers, cotton sports socks (all sizes)

Toothbrushes and toothpaste

Lip salve

Small tins of Vaseline (green and yellow)

Shaving oils, shaving gels/creams (no aerosols)

Disposable razors

Stick/roll-on deodorants (unperfumed)

Small packs of wet wipes

Small baby powder

Foot powder

Shower gels and shampoo sachets

Panty liners and tampons

Pot Noodles, Super Noodles, curry powder

Small tubes of mustard, tubes of condensed milk

Small variety boxes of cereal packs

Small tins of macaroni cheese, ravioli etc.

Cup-a-soups

Lunchbox sizes of:

Cheddar biscuits, Jammy Dodgers, chocolate chip cookies

All varieties of Pringles (large or small packs)

Tea bags (all types including fruit teas), coffee sachets (all types)

Hot chocolate sachets, Ovaltine sachets

Boiled sweets (all types)

Starburst fruit chews

Chewing gum

Travel size board games, pens (all types)

Flip flops

marmite sachets

Cereal bars

Fruit bags or boxes (dried)

Hair scrunchies

Nail boards

Combs

Small hand body lotions

DVDs or CDs

**CHRISTMAS ADD ONS
decorations**

blank xmas cards

books

Please DO NOT INCLUDE:

AEROSOL CANS (solvents, deodorant etc) or chocolate as this usually melts.

Personal messages are encouraged

We recommend that you restrict your parcel to 1.8kg to ensure that it falls well within the restriction when wrapped. Size is also restricted -

Max: Length + Depth + Width = 900mm, with greatest single dimension not more than 600mm

Min: One surface at least 90mm x 140mm. (Hence a shoebox is ideal).

Don't spend your time measuring your box i have never really had a shoebox returned so don't panic if you haven't got a tape measure

If you would like to donate a shoebox, please ensure it is in school before
Friday 20th November