

Ideas for Adopt-A-Unit Care Packages

USTA's List

RECOMMENDED ITEMS FOR COLLECTION: One per service member being adopted

- 4 oz. Hand sanitizers
- Pairs of athletic socks (tube or crew)
- Foot powder (personal size)
- Disposable razors (3 per soldier)
- Personal or Baby Wipes (personal size)
- Bags of candy (Jolly Ranchers, Twizzlers, etc. NO CHOCOLATE)
- 100 Letters of support (Elementary and Middle Schools are great! Leave unsealed for content screening)
- Sunscreen (4 oz. or less)
- 100+ Lipbalm
- Toothpaste (travel size) (Some dentists will donate these)
- \$10 per team member for postage
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Additional items may include: Travel size shampoo, soap, shaving cream and toothbrushes.

Practical

- **Clorox wipes
- **Baby wipes
- **Razors, shaving cream
- **Shampoo, conditioner
- **After shave lotion
- **Soap or body wash
- **Mouth wash
- **Deodorant
- **T-shirts, underwear and socks, monthly.
- **A big fluffy towel
- **Eye drops, especially for those in the desert.
- **Chapstick
- **Lip balm
- **Sun block
- **Skin so soft (Avon)
- **Lotion
- **Dental floss
- **Baby powder
- **Foot powder
- **Combs /brushes
- **Cotton balls
- **Liquid hand sanitizer
- **Breath mints
- **Contact lens cleaner
- **Eye drops
- **Nail files

Just for fun

- **Send batteries. It sounds simple, but people forget.
- **Sunblock
- **A stress ball.
- **Stamps, paper and envelopes with a nice writing pen might inspire a few more letters home.
- **phone cards (AT&T work best from Kuwait)
- **Paperback book or magazines
- **Disposable cameras
- **puzzles
- **Film
- **Journals
- **Yo Yo's
- **Squirt guns
- **Frisbees
- **Dart boards
- **Small flash lights
- **Hackie sacks
- **Jump ropes
- **Electronics hand held games
- **Post cards from your home state
- **Handmade items
- **Radio head sets
- **Portable CD players
- **Mini fans
- **Jokes and comics
- **Balloons
- **Hats (Baseball)
- **Bandannas
- **Socks
- **Blankets
- **Bug off
- **Single sheet sets
- **Birthday decorations
- **Banners
- **Send board games-the ones they have made into key chains.
- **Send his/ufavorite magazines
- **If they're gone over a holiday, do up one box with just holiday stuff. Be creative!
- **With a CD burner, make a CD of favorite songs.
- **Always write letters, but in addition you might record your letters onto a tape.

Hello Balboa Tennis Club members,

The USTA has come up with a great new program that deserves our support. As many of you know, a few members, pros, and I have offered our time to support many injured service members at Naval Medical Center San Diego, also known as Balboa Naval Hospital. I am very proud to tell you that the program we started a year and a half ago has put Balboa Tennis Club in the USTA's national spotlight. We are often used as an example of what other sections and tennis clubs should and could be doing. This could not have happened without the support of Balboa's Board of Directors, staff and great volunteers like many of you who do so much for so many great causes. With that in mind, I am now giving us another new mission. The USTA has come up with the Adopt-A-Unit program. Just like it sounds, the USTA is asking clubs and other tennis groups to put together care packages for deployed service members. The USTA will, in turn, send portable tennis equipment to the units. The care packages consist of all sorts of non-perishable necessities. Once together, everything will be shipped to the troops overseas.

I have already made sure that the Balboa Tennis Club is the first club in San Diego to jump on board. We have already signed up and are adopting:

1. A US Navy Logistics Support Company in Iraq, led by a San Diego-based officer.
2. Expeditionary Medical Facility, Helmand Province, Afghanistan
3. Expeditionary Medical Facility Kandahar, Afghanistan

The Expeditionary Medical Facilities have ties to Balboa Naval Hospital.

I hope that many of you will enjoy being a part of the effort to give a little tennis/comfort to these troops. Please email if you would like a list of items we need for the care packages. You can help by supplying products or making a cash donation. I will use money raised to buy what else is needed and to pay for shipping. I am looking forward to hearing from you. My email is griffintennis@msn.com .