

# 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.

## **MOST NEEDED ITEMS ARE:**

- Chap Stick
- Q-Tips (sm. packs)
- Razors
- Eye moisture drops
- Small powered drink mixes (to add to water bottles)
- Socks (white or green)
- Protein Bars
- Mouthwash
- Toothbrushes
- Granola/Cereal Bars
- Sugar Free Items
- Hard Candy
- Batteries (any size)
- Tissues
- Foot Powder
- Gum/Breath Mints
- Cookies
- Microwave Foods
- Popcorn
- Coffee packets, tea bags
- Suntan Lotion
- Writing Paper
- Pens, Pencils
- Used Cell Phones
- Medical Items (Aspirin, Cough/Allergy, Vitamins)
- Cereal (sm. boxes)
- Snack Foods (Nuts, Chips, etc)
- Shaving Cream
- Wipes
- Toilet Paper
- Deodorant
- Feminine Products

***All items should be medium or small in size. No pump type bottles.***

Monetary donations are tax deductible and can be mailed to:  
A.R.M.S, 64 Harding Road, Red Bank, NJ 07701  
[www.supportarms.org](http://www.supportarms.org)