

CARE PACKAGES TO AUSTRALIAN TROOPS

Care packages can be sent free of charge to the Middle East, East Timor and the Solomon Islands so long as they strictly comply with Australia Post guidelines. Packages can be sent to either male or female personnel.

In order to qualify for **free postage**, care packages can **weigh no more than 2kg** (cubic weight limit) and should be packaged within a "BM" sized box, which are available from Australia Post for approximately two dollars. You will also be required to fill out some Customs forms and it is suggested that you use a liberal amount of packing tape to ensure that all of the contents arrive at their destination.

Address Details

To send a care package to an Australian soldier, sailor, airman or airwoman in the **Middle East**, address the package to the following. If you wish to send a specific package to a female, change the first line to 'An Australian Soldier/Sailor/Airman/Airwoman – Female'

***An Australian Soldier
Christmas Mail
Middle East Operations
AFPO 60
Australian Defence Force
SYDNEY NSW 2890***

To send a care package to an Australian soldier, sailor, airman or airwoman in **East Timor**, address the package to the following. If you wish to send a specific package to a female, change the first line to 'An Australian Soldier/Sailor/Airman/Airwoman – Female'

***An Australian Soldier
Christmas Mail
East Timor Operations
AFPO 61
Australian Defence Force
SYDNEY NSW 2890***

To send a care package to an Australian soldier, sailor, airman or airwoman in the **Solomon Islands**, address the package to the following. If you wish to send a specific package to a female, change the first line to 'An Australian Soldier/Sailor/Airman/Airwoman – Female'

***An Australian Soldier
Christmas Mail
Solomon Islands Operations
AFPO 62
Australian Defence Force
SYDNEY NSW 2890***

To send a care package to an Australian Explosive Detection Dog in **Afghanistan**, address the package to

***An Australian EDD Handler
Christmas Mail
Middle East Operations
AFPO 60
Australian Defence Force
SYDNEY NSW 2890***

What can be included in Care Packages?

Be creative with donations while being mindful of Australia Post's guidelines for the free delivery of care packages. Some suggestions are listed below, as are the general restrictions.

Suggestions of what you might like to include:

Toiletries

- Deodorant (non aerosol)
- Shaving cream (non aerosol)
- Small bottle of talcum powder
- Disposable razors
- Shower Gel
- Lip Balm
- Perfume samples (non glass)

Food

- Instant Noodles
- Biscuits
- Lollies
- Small tinned consumables
- Non-perishable foods

Other ideas

- Magazines – from Vogue to Men's Health
- Puzzle books
- DVDs
- Socks
- Letters of support
- Stamped, self addressed envelopes – this way soldiers can thank you for the donation

For the explosive detection dogs

- Box of dog biscuits
- -Dried beef bones
- -Toys
- -Tennis balls
- -Treats for the handlers

What not to include

- Pornographic material
- Alcoholic beverages
- Clothing (except socks)
- Pork products
- Cigarettes
- Chocolate (if sending to warm climates)