

How and what to send

Ideally a shoe box is best as it complies with the postal regulations and before we start filling it the box must weight no more that **2kg's** when packed and wrapped.

What not to send

Chocolate, jelly, meat (unless its tinned) dairy products, razors, aerosols, top shelf magazines, fizzy drinks.

Items for the shoe box

Think **small** as in **travel** items due to the weight and also the lads can go on patrol for a few days at a time and they have limited space to carry items.

The list below is just some suggestions to get you started.

Toiletries

Roll on deodorant, shower gel, soap, flannels, shaving cream, toothpaste, toothbrush, baby wipes, nappy rash cream, alcohol hand cleanser, foot powder, paracetamol, throat sweets, mosquito cream, savlon, antiseptic wipes, plasters, talc, foot talc, lip salve, dehydration sachets, vitamin supplements, sun cream, moisturiser, socks.

Food

Super noodles, savoury rice, stock cubes, pasta in sauce sachets, cuppa soup, small tins of sausages & beans, ravioli, spaghetti hoops, hotdogs, all day breakfast, tuna, tinned fruit, Marmite, crackers, bread sticks, sreen, long shelf life cakes & flapjacks, crisps, pringles, twiglets, popcorn, biscuits, cereal bars, nuts.

Drinks

Individual sachets or small cartons are best.
Horlicks, Hot chocolate, Bovril, tea bags, coffee, sugar, fruit juices, squash.

Fun

Magazines, puzzle books, playing cards, travel games, pens & paper, rubik cube, top trump cards, jigsaws.

Letters are very important, if you are sending a box please pop a note inside for the soldier

Pack your box and you can wrap in paper, perhaps get the kids to draw pictures and use them to cover your box.

Download your Father Ted label attach to the front of your box, write your name and address on the reverse and take to the Post Office. Parcels are free to post as long as they are less than 2kg, complete a customs form and hand over your parcel.

In 10 to 14 days your parcel should be with Father Ted who will forward it on to a soldier who gets no or little post.