

Children's books or small toys (if they have children)  
Craft supplies  
Peanut butter  
Grits, oatmeal, pop tarts, cereal  
Bubble gum  
Candy  
Scented items like candles, potpourri, etc.  
Holiday decorations  
Coffee  
Hard candy

### **Are there things we should avoid sending?**

Do not send anything expensive, fragile, or sentimental

Avoid sending things that will melt

Avoid sending things that are perishable

Be sure to ask your missionary for a "do not send" list



## **LWML Missionary Care Package FAQ**

### **What is the purpose of a care package?**

Care packages serve primarily as a source of encouragement to missionaries. They can be as simple as a card or as sophisticated as a box of difficult-to-find treats.

### **I have decided to support a missionary with a care package. What is my first step?**

Wonderful! First you will need to select a missionary to support. Go to [www.lcms.org/prayercards](http://www.lcms.org/prayercards) or call 888-843-5267, and ask for Missionary Support. Once you have selected the missionary, you will want to contact the missionary to tell him or her your plans, ask the missionary what would be helpful, as well as provide you with specific shipping guidelines.

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## **Why do I need to contact the missionary; won't that ruin the surprise?**

Just as important as the cards and treats you may decide to send is the relationship you will cultivate with one of our missionaries. It is a tremendous source of encouragement to know that there are people in the United States that support them with love and prayers. Part of cultivating this relationship is asking the missionary what would be of greatest help to them. Needs vary from country to country, as do shipping guidelines. A very well-intentioned package may leave the missionary having to pay a large duty or other tax to retrieve it; attempting to find a way to get it home (due to the lack of a car); or possibly having it stolen because it's simply too tempting. Additionally, the availability of goods changes dramatically from Africa to Latin America to Europe. Your missionary may have an item he really misses from America and would be thrilled to receive it, or he may already be able to get the item where he lives.

## **What sort of guidelines can I expect the missionary to give me?**

- Try to ship several smaller packages instead of one large box filled with a variety of things. This way, if the package is lost in the mail, less was invested in it.

- Keep the packages light; it's easier to transport, and postage will not exceed the value of the contents.
- Don't think every care package has to be a box; it can also be an envelope with a card and some seasoning packets.
- Sometimes a care package will not get to its destination, but try not to let this discourage or deter you from sending another.
- If the missionary has children, try to include something for them.
- If you include a letter in a package, the package becomes first-class mail.

## **What sort of things might be helpful in a care package?**

Amazon or iTunes credits	Jell-O packages
Books in English	Prepared spice mix packets (tacos, sloppy joes, ranch dressing, gravy, etc)
Sports mementos	Macaroni and cheese boxes
Over-the-counter medicines (Tylenol, aspirin, cold medicine)	Personal hygiene items
Flavored drink mix packets	

*more items on back*

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