

# ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

## Send Soldiers a Christmas gift pack

Recommended for ages – all ages

If you are looking for a way to show your gratitude to our soldiers, then this is a small gesture that will mean so much.

### Instructions:

- Care packages can be sent free of charge to the Middle East, so long as they strictly comply with Australia Post guidelines, weigh no more than 2kg and are packaged within a “BX2” sized box (available from Australia Post for approximately two dollars).
- The Defence Force recommends items like toiletries (roll-on deodorant, lip balm, shower gel) and non-perishable food (biscuits, lollies, instant noodles). Magazines, puzzle books, DVDs, and – a Christmas staple – socks are also good additions. But leave out the alcohol, pork products, tobacco, chocolate (it will melt in transit) or clothes other than socks.
- Get the kids to send a letter of support and a stamped, self-addressed envelope in case the receiving soldier wants to send a thank you back.
- **Address the package to:**  
An Australian Soldier  
Christmas Mail  
Middle East Operations  
AFPO 60  
Australian Defence Force  
SYDNEY NSW 2890

