

A Bit of Home



Deployed far from home? Spending weeks or months in the field? Stationed far from the PX or local stores? Times like these you could use a well-stocked care package from home, filled with personal items that make life a bit more tolerable.

Well, now you can get care packages courtesy of the Army. They're called health and comfort packs (HCPs). HCPs provide forward area troops with everyday necessities for good hygiene and comfortable living. About the only thing these packs **don't** contain is food.

Before you order any HCPs, you need to know the ground rules about how they're issued:

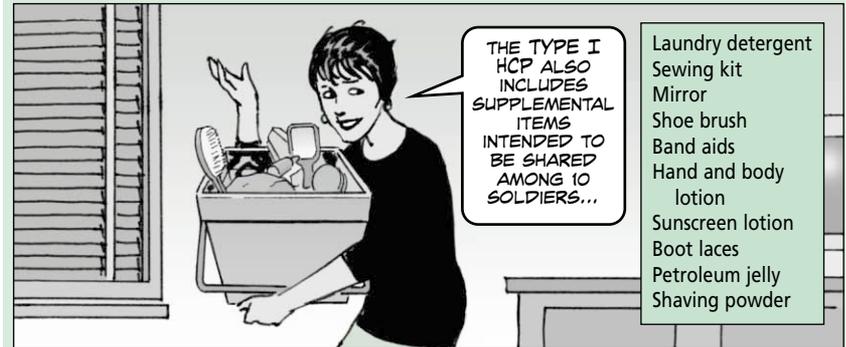
- The Army (G-4) will issue HCPs to your unit free of charge only when your unit deploys for more than 15 days to a place where there's no support for personal items.
- The Army expects your unit to supply its own personal items to cover the first 15 to 30 days of deployment.
- Unit commanders may purchase HCPs from their own unit funds at the time that they determine the need..



Type I HCP, NSN 8970-01-368-9154, contains items used by both men and women. You get 10 plastic drawstring bags, each packed with a 30-day supply of necessities for an individual soldier.



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| Toothbrush | Tissues |
| Tube of toothpaste | Bottle of shampoo |
| Dental floss | Deodorant stick |
| 10 disposable shaving razors | Petroleum jelly |
| Shaving lotion | Self-sealing plastic bag |
| Bar soap | Personal hygiene body wipes |
| Foot powder | |



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| Laundry detergent |
| Sewing kit |
| Mirror |
| Shoe brush |
| Band aids |
| Hand and body lotion |
| Sunscreen lotion |
| Boot laces |
| Petroleum jelly |
| Shaving powder |

Type II HCP, 8970-01-368-9155, is for women only and includes articles for feminine hygiene. It'll supply 10 women for 30 days. Here's what you get:

Item	Quantity	Item	Qty
Sanitary napkins, regular	48	Disposable plastic bags, 3 x 7	150
Sanitary napkins, super	72	Plastic bags, 10-15 gallon	10
Tampons, regular	60	Ponytail holders	10
Tampons, super	84	Hair brush	1
Panty shields	250	Combs	2
Moist towelettes	20 packs of 20	Bobby pins	50
Self sealing plastic bags, 1 gallon	20	Personal hygiene body wipes	10

Type III HCP, NSN 8970-01-487-7488, contains washcloth-sized personal hygiene body wipes. You get 44 packets with 8 body wipes in each packet. This HCP is intended to supply 10 soldiers.

All HCPs have a shelf life of two years at 50-72°F.

