

Support for Diggers Overseas

Dear Family and friends, just a short note to ask anyone who has a couple of spare dollars to consider a small care package for our troops serving their country overseas. When I was overseas, I never got any packagers as they all went to base camps but a package from home would lift the spirits of our diggers on operations.

Australia has almost 2,400 uniformed Defence personnel in the Middle East, including 1,550 in Afghanistan as part of Operation Slipper. Furthermore there are close to 400 troops in East Timor and 80 in the Solomon Islands and small numbers in the Sudan, Sinai and Egypt.

We remember and show our support for our current serving troops.

Please find below some of the ways you can give your support to our men and women serving overseas. You may choose to send a care package, or send a message.

How to Send Your Care Package:

Australia Post offers a free postal service for care packages, up to 2 kg, to Australian Defence Force personnel in the Middle East, East Timor and the Solomon Islands. This service includes our forces in Afghanistan. This service helps to boost the morale of deployed troops through the provision of care packages and letters of support within the package. Including a stamped self-addressed envelope will also allow the recipient to send a letter of thanks back to the sender.

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 must 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.

When sending your parcel, don't forget to include a letter to the troops and by including a stamped self-addressed envelope they can send a letter back to you. For something different you can send a Care package to one of the explosive detection dogs at "An Australian EDD Handler" but don't forget to include a treat for the handler.

Items that can be sent include:

- Toiletries
- Deodorant (non aerosol).
- Shaving cream (non aerosol)
- Small bottle of talcum powder
- Disposable razors
- Shower Gel
- Lip Balm

Other ideas:

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

What not to include:

- Pornographic material
- Alcoholic beverages
- Clothing (except socks)
- Pork products
- Cigarettes
- Chocolate (due to heat)

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For the explosive detection dogs:

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

Food:

Instant Noodles
Biscuits
Lollies
Small tinned consumables
Non-perishable foods

To send a care package to an Australian soldier, sailor, airman or airwoman in the Middle East (including Afghanistan), address the package to the following:

An Australian Defence Member
Goodwill Mail
AFPO 60
Middle East Operations
Australian Defence Force NSW 2890

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

An Australian EDD Handler
Goodwill Mail
AFPO 60
Middle East Operations
Australian Defence Force NSW 2890

To send a care package to an Australian soldier, sailor, airman or airwoman in East Timor, address the package to the following:

An Australian Defence Member
Goodwill Mail
AFPO 61
East Timor Operations
Australian Defence Force NSW 2890

To send a care package to an Australian soldier, sailor, airman or airwoman in the Solomon Islands, address the package:

An Australian Defence Member
Goodwill Mail
AFPO 62
Solomon Islands Operations
Australian Defence Force NSW 2890

If you would prefer to express your support through a simple letter, you may like to email your message to:

messagesothetroops@defence.gov.au

Please ensure you include your name, suburb and state at the top of the email message. Defence may publish your letter on Defence websites and social media sites so the message reaches more ADF members and their families. Your personal details are not published.

Another option is to send a message in the traditional way, there is the option of sending a postcard. The address details are:

Messages to the Troops
Media Section
39 Personnel Support Battalion
Building 217
Randwick Barracks NSW 2031

Allen Petersen

