

Friends,

Thank you for taking the time to send me something from home! Though Kyrgyzstan has many wonderful amenities, there is nothing like getting mail from home. Below are some best-practices for sending mail to this corner of the world.

Letters:

Just write it and put a stamp on it! Your Post Office will tell you how many stamps are required. Always date letters, and number them if you plan on sending them often. This way I will know if one is missing from a series.

Packages:

The best shipping method is to use a US Postal Service Flat Rate Box. You can go to any post office, pick up a box for free, pack it at home and then return it to the Post Office for shipping. Always wrap with LOTS of shipping tape. Mark the contents as "used personal items," regardless of what they are. If asked for a value of items, indicate \$0.00.

Mail will take 1-3 weeks to get to me. (longer in the winter)

Thank You & Yours In Service,
JM



Things to Send

Coffee	Lined-Paper
French Vanilla Creamer	Highlighters
Spices	Pens
Kraft Mac N Cheese	Wool Socks
Deodorant (Old Spice	Cold Weather Anythings
Swagger)	Peanut Butter
Protein Powder / Bars	Carabiners
New Music & Movies	Flash Drives
The Economist Magazine	Card Games
Rotary Flags / Pins / Swag	USA Nik-Nacks (for gifts)
Mardi Gras Beads / Masks	Carmex Chapstick
LSU Anythings	Cologne
Kitchen Nik-Nacks	

Things NOT to Send

Chocolate	Fruits/Nuts
Candy	Liquids
Perishables	Toiletries

Digital Gifts

DropBox - if you use [DropBox](#) then sending me music, movies, photos and other digital files is both easy and FREE! Just share a folder with judsonlmoore@gmail.com and then shoot me an email so I know to go look.

iTunes - both the Apple iTunes and App Stores have great programs, games, music and video that I can download. You can gift something specific or just put credits on my AppleID: judsonlmoore@gmail.com

Of course you can email me anytime to see if I am craving anything specific! :)
THANK YOU!!!

Sizes: shirts L-XL, pants: 38W 34L, shoes 12,