



DEPARTMENT OF THE AIR FORCE
PACIFIC AIR FORCES

1 December 2011

MEMORANDUM FOR MILITARY RETIREES

FROM: OL-C, DET 2, PACAF AIRPS
Unit 8150
APO AP 96546

SUBJECT: Postal Service for Retired Military Personnel


1. Military retirees are authorized to mail/receive items weighing up to **16 ounces** (one pound), unless further restricted by the host government. The mail must not contain merchandise that is intended for resale/profit. Only the following items can be received or mailed provided they are within the **one (1) pound** weight limitation*:

- | | |
|---|-------------------------|
| a. Books | f. Vitamins |
| b. Magazines | g. CDs and DVDs |
| c. Other Printed Matter | h. Video Tapes |
| d. Prescription Medication** | i. Voice Cassette Tapes |
| e. Eyeglass Spectacles from Naval Ophthalmic Support & Training Activity (NOSTRA) | |

*TRICARE Mail Order Pharmacy is not subject to the 16-ounce weight limit (Office of the Under Secretary of Defense AT&L; Memorandum dated 10 April 2003).

Prescription medication ordered must **exclusively contain prescription medication as indicated on the customs form or shipping label declaration. Parcels containing prescription medication mixed with non-prescription medication items will be returned to sender.

2. Reference the DoD Postal Manual (DoD 4525.6-M) and the Thai Government. Please feel free to contact the APO for additional information at 02-205-5646.


ALFRED B. COE, SMSgt, USAF
Superintendent

This memo supersedes the policy memo dated 15 March 2011, same subject.

Summary of Changes:

1. (Revised) Medication received may **only** be Prescription Medication.
2. (Added) Eyeglass Spectacles from NOSTRA now authorized to receive.