

What to Send in a Care Package

College students love receiving mail. Sending your college student a care package is one of the best ways to let your child know that you are thinking of him. Here are some item ideas to make a care package that your college student will love.

Healthy snacks. Your college student will endure many late night study sessions, so he will need healthy snacks to keep him alert. Snacks like energy bars, dried fruits, nuts, instant soups, etc. will satisfy those late night cravings and keep your college student healthy at the same time. Just don't send anything that will perish within a few days.

Fitness items. Including fitness items in your care package will hopefully ensure that your child will stay fit and avoid the freshman 15. Throw in a Frisbee, a jump rope, a football, work-out clothes, etc. These items will inspire your college student to get active.

Personal hygiene items. If your college student is like most, he is living on a budget. Help him out by sending items that he uses on a daily basis. Include toothpaste, dental floss, body wash, disposable razors, lotion, toilet paper, etc. in the care package.

Laundry supplies. Keep your college student smelling fresh by sending needed laundry supplies. Toss in packages of laundry detergent and fabric softener sheets. Be sure to include rolls of quarters for laundry money.

Prepaid phone cards. Phone cards will allow your college student to call home more frequently and to keep in close contact with family and friends. If your student likes to call home a lot, be sure to get phone cards with plenty of time on them.

Coupons/gift certificates. To help your college student save money, send him coupons. Coupons for take-out food are always a good idea, and if you see any coupons for items that you know your child uses, include them in the care package. You may also want to get food or entertainment gift certificates for your college student. Gift certificates for movies, restaurants, malls, etc. are ideal for college students.

Pictures. Your college student will love receiving pictures from home. Include pictures of family, friends, family pets, or anything that will bring a smile to your child's face.

Personal letters. Don't forget to include a letter to your child. Talk about recent family happenings, local events, local news, etc. Keep in mind that a handwritten letter is always more personal.

Before you send your box of goodies, make sure you know the correct mailing address. The box should be securely packaged, and you may even want to write "fragile" on the box to ensure it arrives to your college student in good condition.

<http://www.ecampustours.com/forparents/campuslife/whattosendinacarepackage.htm>

For more information contact careercenter@indianatech.edu

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