

Care Package Ideas

FOR SUITES

The following suggestions are for entire suites and designed to be shared among all suite members. Suites hold 7-14 students, please call P.E.O. Relations, 417-667-8181, ext. 2120, for an updated count of current residents of any suite you are supporting.

Suite Basket

- Puzzles
- Card games
- Healthy snacks, including nuts or dried fruit
- Chewing gum or hard candy
- Baked goods
- Stress balls
- Shower gels or steamers
- Nail care kits
- Facial packs
- Eye mask
- Throat lozenges
- Tea or instant coffee
- Adult coloring books and colored pencils/pens
- First aid kits like Band-Aids, hydrocortisone, Neosporin
- Gift cards (Walmart, Domino's, Sonic, McDonald's, Taco Bell, etc.)
- Hand towels
- Hand soap
- Pimple patches

Feminine Hygiene Kits

- Menstrual pads
- Tampons
- Ibuprofen
- Heating pad
- Herbal tea
- Panty liners

Cold Weather Basket

- Hats
- Gloves/mittens
- Scarves
- Fleece blankets
- Heated blankets
- Fuzzy socks
- Anti-bacterial wipes
- Kleenex
- Moisturizing lotion
- Lip balm
- Hot chocolate
- Tea bags

Laundry Kit

- Laundry pods
- Dryer sheets
- Stain sticks/spot remover
- Laundry bag/basket



*Remember no candles, please

FOR INDIVIDUALS

Shower Caddy Basket

- Body wash/shower gel
- Shampoo
- Conditioner
- Deodorant
- Lotion
- Washcloth
- Bath puff
- Toothbrush
- Toothpaste
- Floss
- Tweezers
- Nail clippers
- Hand mirror
- Razor, shaving cream
- Water shoes/flip flops
- Gift cards (Walmart, Domino's, Sonic, McDonald's, Taco Bell, etc.)
- Pimple patches

Sweet Dreams Basket

- Twin-sized sheet set
- Pillow
- Blanket
- Bathrobe
- Sock-slippers
- Sleep mask
- Pajama set
- Herbal tea

Laundry Basket

- Laundry pods
- Laundry bag/basket
- Stain stick/spot remover
- Hangers
- Paper towels
- Dryer sheets

School Supplies

- Spiral notebooks
- Binder
- Pens
- Pencils
- Highlighter
- Scissors
- Scotch tape
- Small stapler
- Sticky tack/Plasti-Tak/Uhu
- Erasers

Thank-you notes and stamps are always welcome in any basket, kit, or care package! Items listed are only suggestions; please feel free to improvise. Your support is so appreciated by students and staff at Cottey!

COTTEY CUPBOARD

The Cottey Cupboard welcomes donations of coats, clothing, towels, and other wearable items, as well as non-perishable food items. This free food program supports students experiencing food insecurity.

The programs are managed by the office manager of the Student Wellness Center.

