

Care Packages for College Age / Post High School Young People

"For college seniors there should be a week of being allowed to cry. Just break down and cry because you are scared and don't know what's next."

—Bill Cosby

College can be an exciting and terrifying time for a young person. A simple, fun, practical and thoughtful care package can transmit great love and care for those young adults away from home or post youth group.

Below is a list of items that can easily be put in a care package a couple times a year for your college student.

- **Church gifts**—The home church for a college student is now part of “back home”, a place that is only visited a few times a year and brings memories of life that brought them to this point. Any gift to remind the student of the church is a great idea. If your church has products such as coffee mugs or water bottles be sure to include them. Be sure to also include the latest newsletter and congregational prayer requests. Make sure the student knows that they are being thought of and prayed for regularly.
- **Campus Ministry/Church**—Consider sending the student information about Presbyterian churches in the area and any student groups on campus that are Presbyterian and/or faith-based. To go even further, you may want to contact the pastor or staff of these churches and ask them to reach out to your student and invite them to worship or any young adult activities.
- **Letters**—For college students, letters from church members and current youth group members can be very meaningful. It has the power to remind them of all the support they have back home and them any prayers coming their way. It may also ease any home sickness.
- **Gifts Card**—There is no telling what a college student may need at any given time. For this reason, a gift card to Target or Walmart (\$5-\$15) that can be used for groceries or school supplies is a great gift.
- **Laundry Items**—Simple house hold items can also be an appreciated gift. These items can include: Febreze, eco-friendly laundry detergent, stain remover sticks or fabric softener sheets. Laundry may be a dreaded task for college students. So sending some of these items might make this a much easier task.

- **Toiletries**—New college students may be burdened by having to purchase hygiene supplies for the first time. Inquire about their favorite brand of soap, shampoo, conditioner, deodorant, contact solution, razors, or lotion and include them in a care package. Send an electronic gift card to Drugstore.com or Amazon.com (both great places to purchase toiletries).
- **Favorite Snacks**—Snack food is always popular with young people. However, you may be surprised at how picky a college student maybe. Do not just go to the dollar store and pick out the cheapest stuff, but inquire with their parents for their favorite brand. This way the gift is both thoughtful and delicious! Homemade goods also have the benefit of including more of the church members to support the college student. And, there is nothing like homemade!
- **Healthy/Helpful Snacks**—Not all snacks must be sweets. Such snacks can include their favorite cereal, canned soup, granola bars, trail mix, party mix, cup of soup, or popcorn. You may also want to check to make sure the student has access to a refrigerator or microwave before sending these snacks. Other items like 5-Hour Energy, Starbucks VIA, and Advil are also highly valued by college students.
- **eBook Gift Cards**—College today does not necessarily mean taking pencil to paper and heavy textbooks like it used to. Instead it means carrying a laptop and purchasing eBooks. There are many benefits to this new mode of learning, such as being more environmentally conscious in using less paper. It is also less weight in your back pack if all you need is your lap top or iPad. eBooks are often bought on Amazon or Google Books for a much smaller cost than traditional textbooks. A gift card in any amount for textbooks would be a highly valued gift to a college student.
- **Reusable Cup**—Tervis Tumblers are an eco-friendly travel cup that have a life time warranty and make a great gift for college students. There are many designs including collegiate and personalized. The 16oz cup is just over \$10, comes with a life time warranty, and is easily returnable if ever broken. This makes the cup something they will truly have forever.
- **Handmade Item**—A meaningful and inexpensive gift for that special college student can be something handmade with their college colors. Another idea is to collect any old t-shirts from their parents (youth conferences, youth trips, mission trips, etc.) and make a t-shirt quilt out of them.