



## **Spartanburg Blue Star Mothers** **Care Package Wish List Items**

### **Food – Please select individually wrapped items**

- Snacks (e.g., trail mix, nuts/sunflower seeds, granola bars, Combos, Little Debbie, canned chips (Pringles/Lays), cookies, crackers, small cereal packs, fruit snacks, peanut butter, instant oatmeal, pop tarts)
- Protein bars (e.g., Quest bars)
- Candy/candy bars
- Beef Jerky/Slim Jims
- Gum
- Coffee/hot chocolate
- Microwave popcorn/mac & cheese/cup o'soup/ramen (single serve)
- Tuna/Chicken (in foil pouches, ready-to-eat)
- Drink mix for single water bottle

### **Entertainment**

- Small Nerf footballs, dart guns, or stress balls
- Frisbees
- Pre-workout powder mix
- Magazines
- Earbuds
- Cards/games



### **Personal Care**

- Hand/foot warmers
- “Pod” washing detergent
- Boot gel/cushion insoles; moleskin
- OTC meds (e.g., Tylenol, Advil, cough drops); multi-vitamins
- Eye drops
- Chapstick/lip balm/Carmex/Blistex
- Shampoo & body wash (travel size; men’s and women’s)
- Pads/tampons, mascara

\*Contributions to help with shipping costs and additional items not listed above are also welcome.