



College Care Package Checklist

Thoughtful Things to Send Without Overpacking Their Dorm

A practical planner for sending useful, comforting, and dorm-friendly care packages during the semester.

What this PDF includes: care package ideas, food and snack lists, finals-week packages, sick-day comfort items, what not to send, shipping reminders, roommate-friendly tips, and a package planner.

Student	School / dorm	Package date

Quick Start

- ☐ Ask what they actually need before sending bulky items.
- ☐ Check dorm mailroom rules, package pickup hours, and address format.
- ☐ Send shelf-stable snacks unless you know delivery timing is safe.
- ☐ Avoid liquids, breakables, strong scents, and banned items.
- ☐ Include one useful item, one comfort item, and one small fun surprise.
- ☐ Do not send duplicate shared items without asking the roommate first.

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Plan what to buy, what to skip, and how to make dorm life easier.

Care Package Basics

The best care package is not the biggest one. It is the one that solves a real problem or makes a hard week feel easier.

☐ A small handwritten note or card	☐ A restock item like laundry pods, tissues, or lip balm
☐ One favorite snack or treat	☐ A fun item that does not take up much space
☐ One practical item they will actually use	☐ A reminder of home that is not bulky
☐ A comfort item for stress, sleep, or homesickness	☐ A gift card for food, groceries, coffee, or campus supplies

Dorm Blueprint Tip: When in doubt, send consumables. Snacks, supplies, and gift cards do not create long-term clutter in a tiny dorm room.

Pick the Right Package Type

Package type	Best for	What to include
First month	Homesickness, adjustment, new routine	Snacks, note, small comfort item, basic restocks
Sick day	Feeling run down or under the weather	Tissues, tea, soup cups, lip balm, comfort snacks
Finals week	Stress, studying, long days	High-protein snacks, pens, sticky notes, coffee gift card
Birthday	Celebrating without too much clutter	Card, treat, small decor, gift card, photos
Laundry reset	Running low on basics	Detergent, stain pen, dryer sheets/balls, mesh bag

Food, Snacks, and Drinks

Choose snacks that are shelf-stable, easy to store, and not too messy. Bonus points if they can be eaten while studying.

☐ Granola bars or protein bars	☐ Instant soup cups or ramen if allowed
☐ Trail mix or nut-free snack mix if needed	☐ Microwave mac and cheese cups if allowed
☐ Crackers, pretzels, or popcorn	☐ Hot cocoa, tea bags, or instant coffee packets
☐ Single-serve oatmeal or cereal cups	☐ Electrolyte packets or drink mix
☐ Fruit snacks or dried fruit	☐ Gum, mints, or cough drops
☐ Rice cakes, mini cookies, or small treats	☐ Reusable snack bags or chip clips

Ask first: Allergies, dietary restrictions, dorm microwave rules, and whether they actually have space for extra food.

Comfort and Homesick-Day Items

☐ Small printed photos	☐ Lip balm
☐ Soft socks	☐ Hand lotion
☐ Cozy eye mask	☐ Tea or cocoa packets
☐ Favorite candy or local treat	☐ Small stress ball or fidget item
☐ Pocket tissues	☐ A handwritten note from family or friends

Practical Restocks Students Forget

Restocks are not always exciting, but they are often what students appreciate most when they are busy.

☐ Laundry detergent pods or sheets	☐ Hand soap or hand sanitizer
☐ Stain remover pen	☐ Sticky notes or index cards
☐ Dryer sheets or wool dryer balls	☐ Pens, highlighters, or mechanical pencils
☐ Trash bags that fit their bin	☐ Command strips or removable hooks if allowed
☐ Disinfecting wipes or travel wipes	☐ Small sewing kit
☐ Tissues	☐ Batteries or charging cable they requested

Wait until you know their room: Do not send bulky organizers, extra bins, large blankets, or duplicate appliances unless they ask for them.

Sick-Day Comfort Package

☐ Tissues	☐ Lip balm
☐ Tea bags or electrolyte packets	☐ Soft socks
☐ Honey sticks or throat drops	☐ Thermometer if they do not already have one
☐ Soup cups or easy snacks	☐ Gift card for grocery or food delivery

If sending medicine, only send items they already use safely and remind them to follow labels. Do not send prescriptions through the mail unless it is appropriate and allowed.

Finals Week and Study Package

For finals week, focus on study fuel, tiny restocks, and stress relief instead of large dorm items.

☐ Protein bars or easy breakfast snacks	☐ Blue light glasses or eye drops if they use them
☐ Popcorn, pretzels, or trail mix	☐ Small stress relief item
☐ Coffee shop or grocery gift card	☐ Tea, cocoa, or caffeine-free drink packets
☐ Highlighters, sticky notes, or index cards	☐ A note that does not add pressure

Seasonal Care Package Ideas

Season / moment	Useful ideas	Skip or check first
Early fall	Snacks, laundry restocks, small fan item if requested	Bulky decor before they know the room
Cold weather	Tea, cozy socks, lip balm, hand lotion	Large blankets if space is tight
Midterms	Study snacks, pens, sticky notes, gift card	Too many sweets if they asked for healthier snacks
Birthday	Card, treat, photos, small keepsake	Huge gifts that take up space
Finals	Easy food, comfort items, practical restocks	Anything that creates extra chores

Budget rule: A thoughtful \$20 package can be better than an expensive box full of items they do not need.

What Not to Send

Care packages should help, not create mailroom problems, clutter, spills, or roommate issues.

☐ Perishable food unless delivery timing is safe	☐ Alcohol, nicotine, or restricted items
☐ Anything glass or easy to break	☐ Items banned by housing rules
☐ Large liquids that could leak	☐ Medicine they did not ask for or do not already use
☐ Strong-scented sprays, candles, or fragrance items	☐ Anything that needs refrigeration right away
☐ Duplicate appliances or bulky storage bins	☐ Too much decor without checking their style

Check your school rules: Dorms and mailrooms can have rules about package pickup, restricted items, appliances, food delivery, and shipping address format.

Shipping and Package Tracker

Package date	Theme	Tracking / pickup	Notes

Mailroom address format	
Pickup hours or rules	

Fill this out once, then use it whenever you want to send something that actually fits their dorm life.

Favorite snacks	
Snacks to avoid	
Allergies / dietary notes	
Favorite drinks	
Useful restocks they always need	
Items they do not want more of	
Gift cards they would actually use	
Roommate/shared item notes	

Notes and Custom Package Ideas

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For more dorm checklists, tools, and move-in planning guides, visit DormRoomBlueprint.com.