



List of Typical “Cheer Box” Items

Snacks

- Peanut Butter
- Microwave Popcorn
- Nuts
- Pretzels
- Energy bars
- Jerky (Bags or Sticks)
- Sunflower seeds
- Protein Bars
- Granola Bars
- Fruit Snacks
- Canned fruit
- Dried fruit
- Small Boxes of Cookies

Miscellaneous Items

- Q-Tips
- AA Batteries
- Earbuds
- Portable Chargers
- Paperback Books
- Current Magazines (Sports, Fitness, General News, Entertainment, and Vehicles).
- Stress Relief Coloring Books
- Travel Games
- Coloring Pencils

Toiletries

- Wet Wipes or Baby Wipes
- NON-AEROSOL Shaving Cream
- Shavers
- Toothbrush
- Toothpaste
- Floss
- Shower Gel
- Feminine Items
- Moisturizer
- Body & Foot Powder
- Deodorant
- Lip Balm
- Shampoo
- Pain Relief Meds
- Heat Pads (icy hot)
- Band-Aids
- Antacids
- Eye Drops

Beverages

- Flavored & Regular Coffee (ground, instant or pods)
- Powdered Creamers
- Tea Bags
- Cider Mix
- Hot Chocolate
- Individual Serving Powdered Drink Mixes (Kool-Aid, Gatorade, Crystal Light)