

Your Period Toolkit Checklist

- ☐ Zip Up Pouch
- ☐ Heavy Pads
- ☐ Regular Pads
- ☐ Panty Liners
- ☐ Period Underwear
- ☐ Extra Underwear

☐ Travel Size Pain Relief**

(with Adult Supervision / attach card with correct dosage)

- ☐ Non-Scented, Ph-Balanced Wipes
- ☐ Handwritten Note of Encouragement
 - ☐ Snack/Protein Bar
 - ☐ Hand Sanitizer/Lotion
 - ☐ Wet/Dry Bag

☐ Small Dog Poop Bags/Sandwich Bags

- ☐ Heat Patch
- ☐ Lip Balm
- ☐ Hair Tie & Brush
- ☐ Tissues
- ☐ Deodorant
- ☐ Pimple Patches
- ☐ Nail File
- ☐ Small Journal /Pen

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