Period Kit *Checklist*

Keep it all in one small zip pouch in a boring color. Nobody asks what's inside.

THE BASICS

- [ ] 2-3 pads or tampons (your usual size)
- [ ] A pantyliner or two
- [ ] Spare underwear, rolled up small
- [ ] A few wipes (toss them in the trash, even "flushable" ones)
- [ ] A small plastic bag for wrapping things up
- [ ] Mini hand sanitizer

NICE TO HAVE

- [ ] A dark hoodie or sweater to tie around your waist
- [ ] Spare leggings or shorts (gym bag works)
- [ ] Hair tie and lip balm (trust)
- [ ] A snack and a water bottle
- [ ] Heat patch for cramps
- [ ] Pain relief, only if your school allows it (most need a form at the nurse's office)

IF IT HAPPENS AT SCHOOL

1. Ask to go to the bathroom. You don't have to say why.
2. Use your kit. No kit? The nurse's office always has pads, and so do most friends.
3. Leaked? Tie the hoodie around your waist. The nurse can call home for clean clothes.
4. It happens to everyone. By lunch it's just a story.

Restock day: the day your period ends, refill whatever you used. Write the date here: _____

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