The bag checklist

One little kit, kept in the same spot in her bag every day. Tick as you go.

In her bag every day

- [ ] A spare pair of undies, folded, in a pouch
- [ ] Two or three intimate wipes
- [ ] A hand wipe for when there is no soap
- [ ] A pad or period undies she feels comfy in
- [ ] A zip bag for the used pair
- [ ] A heat patch for sore tummy days
- [ ] A little note with who to call

Keep at home

- [ ] A few extra pairs of period undies
- [ ] A wash bag for the laundry
- [ ] Heat patches or a wheat bag
- [ ] Her period tracker on the fridge
- [ ] A book she can read in her own time
- [ ] Her favourite snack, just because

If it starts at school

1. Go to the toilet. She never needs a reason.
2. Swap into the spare pair if hers is marked.
3. Freshen up with a wipe, then bin it (never flush).
4. Pop the used pair in the zip bag.
5. Wash hands (hand wipe if no soap) and carry on.
6. Need help? Tell a teacher she trusts or go to the front office.