



SURVIVAL KIT

Personal hygiene

- Perfume
- Hand sanitizer
- Razors
- Tooth brush
- Tooth paste
- Dental floss
- Mouthwash
- Tampons/panty liners
- Chapstick/lip gloss
- Tissues
- Tweezers
- Deodorant
- Hand lotion
- Sunscreen
- Make up remover
- Cotton tips

First aid

- Prescription medication
- Paracetamol
- Plasters
- Antacid
- Antihistamine

Food/drink

- Bottle of water
- Mints/breath spray
- Snacks

Beauty

- Hair comb
- Hair spray
- Hair bands and bobby pins
- Clear nail polish (for stocking runs)
- Nail polish remover
- Nail file
- Concealer
- Safety pins
- Glue
- Small mirror
- Spare underwear
- Extra stockings
- White chalk for a quick stain disguise
- Baby wipes
- Fashion tape
- Small sewing kit
- Small scissors
- Lint roller

Extras

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Notes

And so the
adventure begins ...