



Hygiene Checklist

- ☐ Hand sanitizer
- ☐ Antibacterial wet wipes
- ☐ Intimate wipes
- ☐ Toilet seat spray or disinfectant
- ☐ Sanitary pads, tampons or menstrual cup
- ☐ Travel pouch for period essentials
- ☐ Panty liners
- ☐ Extra underwear
- ☐ Moisturizer
- ☐ Compact towel
- ☐ Zip lock bags for disposal
- ☐ Water bottle
- ☐ Tissue pack
- ☐ Compact laundry soap sheets

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