



I ygiene 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