

Ultimate Emergency Kit Checklist

Health

Band-aids
Eye drops
Tissues
Pain killers
Hand sanitizer
Antacid
Allergy meds (non-drowsy)
Tampons/pads
Basic flu kit (throat, sinus)

Dental

Toothbrush
Toothpaste
Mouthwash
Floss
Breath mints

Beauty

Q-tips/Cotton swabs
Comb
Hairbrush
Roller
Straightener/Curler
Hairspray
Mirror
Deodorant
Perfume
Body lotion
Talc/powder
Tweezers
Moisturizer
Sunscreen
Face Serum

Makeup

False eyelashes
Eyelash glue
Mascara
Lip balm
Lipstick/gloss
Primer
Foundation
Concealer
Blush
Highlighter
Eye shadow
Contour Kit
Powder

Nails

Nail polish
Nail file
Cuticle pusher
Base + top coat
Nail kit
Extra false nails
Nail glue
Cuticle oil
Nail polish remover

Sewing

Basic sewing kit
Needles (different sizes)
All colors thread
Needle threader
Scissors

Jewelry

Earrings
Earring backs
Necklace
Bracelets
Anklet
Rings

Feet

Foot scrub
Foot cream
Anti-odour powder/talc
Wedding shoes!
Anti blister spray
Blister band-aids
Stockings

Food + Beverage

Granola bars
Water
Juice
Straws
Energy drinks
Snacks (nuts, dried fruit)
Energy drinks
Alcohol
Low-GI snacks (to sustain energy levels)

*Remember to eat
breakfast!*

Other

Thumb tack
Safety pins
Super glue
Hem tape
Double sided tape
Boutonniere pins
Shoe pads (anti slip)
Anti-static spray
Stain remover
Vaseline
Hair pins
Hair ties
Personal Meds
Speciality meds (e.g. Malaria meds for certain foreign countries)
Matches
Extra scissors
Lint Roller
Chalk
Bug spray
Important Documents
List of contact numbers
Clothes Iron/Steamer
Phone charger
Wall plug adapter
Extension cord
Selfie stick
Extra flat shoes
Sunglasses
First Aid Kit
Wet wipes
Floral tape
Floral Pins
Ribbon
Pocket Knife
Trash bags
Dress bag
Bag for when bride goes to the restroom - to put dress in
Extra cash
Bath bag - shampoo, conditioner, soap, face cloth, etc.
Notebook + Pen