

Emergency Kit Checklist



HEALTH

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

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

SEWING

- ☐ Basic sewing kit
- ☐ Needles (different sizes)
- ☐ All colors thread
- ☐ Needle threader
- ☐ Scissors
- ☐ Assorted buttons

MAKEUP

- ☐ Fake lashes + glue
- ☐ Mascara
- ☐ Lip balm
- ☐ Lipstick/gloss
- ☐ Primer
- ☐ Foundation
- ☐ Concealer
- ☐ Blush/bronzer
- ☐ Eye shadow
- ☐ Contour kit
- ☐ Powder

NAILS

- ☐ Nail polish
- ☐ Nail file
- ☐ Cuticle pusher
- ☐ Base + top coat
- ☐ Nail kit
- ☐ Extra press-on nails
- ☐ Nail glue
- ☐ Cuticle oil
- ☐ Nail polish remover

JEWELRY

- ☐ Earrings
- ☐ Earring backs
- ☐ Necklace
- ☐ Bracelets
- ☐ Anklet
- ☐ Rings

FEET

- ☐ Foot scrub
- ☐ Foot cream
- ☐ Anti-odor powder/talc
- ☐ Wedding shoes!
- ☐ Anti blister spray
- ☐ Blister band-aids
- ☐ Stockings
- ☐ Flat wedding shoes
- ☐ Wedding heel protectors
- ☐ Anti-slip shoe pads

FOOD + DRINK

- ☐ Granola bars
- ☐ Water + juice
- ☐ Snacks (nuts, dried fruit)
- ☐ Remember to eat breakfast!

OTHER

- ☐ Thumb tack
- ☐ Safety pins
- ☐ Super glue
- ☐ Hem tape
- ☐ Double sided tape
- ☐ Boutonniere pins
- ☐ Stain remover
- ☐ Vaseline
- ☐ Hair pins + ties
- ☐ Personal meds
- ☐ Matches
- ☐ Lint roller
- ☐ Chalk
- ☐ Bug spray
- ☐ Clothes iron/steamer
- ☐ Phone charger
- ☐ Wall plug adapter
- ☐ Extension cord
- ☐ Selfie stick
- ☐ Sunglasses
- ☐ First aid kit
- ☐ Wet wipes
- ☐ Floral tape
- ☐ Floral pins
- ☐ Ribbon
- ☐ Pocket knife
- ☐ Trash bags
- ☐ Dress bag
- ☐ Extra cash
- ☐ Bathroom essentials
- ☐ Notebook + pen
- ☐ Anti-static spray
- ☐ Important documents
- ☐ List of contact numbers
- ☐ Dress-bag for when bride goes to the restroom



Like the Emergency Kit Checklist?

Be sure to check out other printables in my [Etsy Shop](#)

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Hi, I'm Tanya!

I love helping brides and wedding planners alike plan dreamy weddings without all the stress! I have been an active contributor in the wedding industry since 2016, and completed my Certified Wedding Planning & Styling Course here in sunny South Africa!

