

FEMALE PERSONAL HYGIENE KIT LIST

Daily Essentials

- Women's deodorant / antiperspirant
- Body lotion/oil
- Unscented feminine wipes
- Toothbrush (travel size)
- Toothpaste (travel size)
- Lip balm
- Hair ties / scrunchies

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Menstrual Care

- Regular-flow pads
- Heavy-flow pads
- Tampons (if required)
- Panty liners
- Small disposal bags
- On-the-Go Freshness
- Hand sanitizer
- Pocket tissues
- Mini body spray (unscented)
- Mini moisturiser

Backups

- Spare underwear
- Pain-relief tablets (if safe for you)
- Heat patch for cramps
- Small laundry soap sheet (optional)
- Breath mints
- Compact mirror
- Travel comb or mini brush
- Reusable water bottle

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