

# Emergency Kits

SAVING YOUR SANITY, ONE LIST AT A TIME



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BRIDE®

RHONDA ROGERS PHOTOGRAPHY

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# Emergency Kits

*Because it's better to be safe than sorry on your wedding day!*

## FOR THE GROOM

## FOR THE BRIDE

### 1. HEALTH & WELLNESS

- pain killers
- antacid
- band-aids
- eye drops
- allergy meds
- toothbrush
- toothpaste
- mouthwash
- tissue
- deodorant
- stress ball
- q-tips
- sunscreen
- hand sanitizer
- dental floss
- baby powder

- pain killers
- antacid
- band-aids
- eye drops
- allergy meds
- toothbrush
- toothpaste
- mouthwash
- tissue
- tampons/pads
- deodorant
- q-tips
- sunscreen
- hand sanitizer
- dental floss
- baby powder

### 2. GROOMING

- brush/comb
- lip balm
- hairspray
- lotion
- cologne
- tweezers
- nail clipper
- nail file
- lint brush
- shoe polish
- shave gel
- aftershave
- shoe horn
- extra socks

- brush/comb
- lip balm/gloss
- hairspray
- lotion
- perfume
- tweezers
- earring backs
- clear nail polish
- colored nail polish
- nail polish remover
- nail clipper
- nail file
- mirror
- eyelash glue
- lint brush
- cotton balls
- pencil sharpener
- fan

### 3. JUST IN CASE

- sewing kit
- safety pins
- boutonniere pins
- hem tape
- copy of vows
- playing cards
- stain remover
- static-cling spray
- phone charger
- portable battery

- sewing kit
- double stick tape
- anti-blister spray
- anti-slip-shoe pads
- safety pins
- boutonniere pins
- blotting paper
- superglue
- scissors
- hem tape
- stain remover
- static-cling spray
- phone charger
- comfy flats

### 4. FOOD & BEVERAGE

- water
- drink straws
- energy drinks
- protein snacks
- nuts & chews
- candy
- gum/mints
- alcohol

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