Bloom

First period kit

School-bag card. Pack a small zip pouch together. Leave it in the school bag.

- [ ] 2-3 regular pads
- [ ] A liner or two, for very light days
- [ ] A spare pair of underwear
- [ ] A small zip pouch, so the bag stays private
- [ ] Tissues or a small pack of wipes
- [ ] A short note or a code word with a parent
- [ ] She knows the school nurse keeps backups

Our code word: _____

General information for families, not medical advice.