

Back to School Survival Kit



- ☐ 1. Deodorant
- ☐ 2. Tissues
- ☐ 3. Tampons/ Panty liner
- ☐ 4. Hair ties+Bobby Pins
- ☐ 5. Mascara
- ☐ 6. Oil-blotting paper
- ☐ 7. Face Wipes
- ☐ 8. Mini Hairbrush
- ☐ 9. Body Mist + Lotion
- ☐ 10. Lip Balm
- ☐ 11. Tweezers
- ☐ 12. Nail clipper
- ☐ 13. Nail file
- ☐ 14. Lint roller
- ☐ 15. Bandages
- ☐ 16. Antibiotic ointment
- ☐ 17. Antiseptic wipe packets
- ☐ 18. Aspirin

- ☐ 19. Hydrocortisone ointment packets
- ☐ 20. Acetaminophen: for headaches & other aches & pains
- ☐ 21. Ibuprofen: for pain from inflammation or swelling
- ☐ 22. Antacids
- ☐ 23. Benadryl: for allergy, itchy bug bite or a stuffy nose
- ☐ 24. Cough drops/ sore throat lozenges

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