

PACKING LIST (standard)

- 1x Pads
- 1x Tampons
- 1x Deodorant
- 1x each Shampoo and Conditioner
- 1x each Toothbrush and Toothpaste
- 1x wipes or tissues
- 1x Lip balm
- 1x Soap bar or body wash
- 1x Personalised Period Pack card

PACKING LIST (maternity)

- 1x Maternity, Super or Overnight Pads
- 1x Nappies
- 1x Nappy rash cream
- 1x Infant shampoo and conditioner
- 1x Infant toothbrush and toothpaste
- 1x Baby wipes
- 1x Nipple cream or paw paw
- 1x Baby bath or body wash
- 1x Personalised Period Pack card

* Assorted extras may include hair bands, moisturiser, non perishable snacks, sunscreen etc

*** PLEASE NO GLASS, AEROSOLS, MOUTHWASH, RAZORS OR MEDICATION OF ANY VARIETY**