

# TWEEN

## FIRST PERIOD ESSENTIALS

### ESSENTIALS

- FEMININE HYGIENE PADS (PADS, TAMPONS & LINERS)
- ANTI-BACTERIAL FEMININE WIPES
- ADVIL OR PAIN REDUCE MEDS
- UNDERWEAR
- HAND SANITIZER
- PLASTIC BAG (DEDICATED REUSABLE BAG)
- STUFF ANIMAL
- SMALL BAG TO HOLD ITEMS FOR TRAVEL OR OUTINGS

### SNACKS

- CHOCOLATE
- CANDY
- ICE CREAM
- CHIPS
- SALTY SNACKS
- WATER/ TEA
- WHATEVER YOU ARE CRAVING!

### ACTIVITIES

- BOOKS
- MOVIES
- GAMES
- ADULT COLORING BOOK
- COMPUTER
- VIDEO GAMES

### GIFT IDEAS:

- JOURNAL
- BOOK WITH TIPS OR INFORMATION ABOUT IT
- BOX FILLED WITH ITEMS ABOVE
- JEWELRY
- EYE MASK
- SLIPPERS OR COMFY SOCKS
- LIP BALM
- TISSUE
- BODY SOAP & CREAM