

EMERGENCY KIT



AMMR Design and Photography



Walt Preamator Photography

HEALTH/MEDICAL

- Antacids
- Band-Aids
- Breath mints
- Eye drops
- Pain reliever
- Spare contact lenses
- Feminine hygiene
- Tissues
- Toothbrush, paste and floss
- Tweezers

BEAUTY

- Compact mirror
- Deodorant
- Eye makeup remover
- Eyeliner
- Face powder/blotters
- Lipstick or gloss
- Nail file
- Nail polish and remover pads
- Perfume
- Q-tips

HAIR

- Bobby pins
- Brush or comb
- Curling and/or straightening iron
- Hair spray

NUTRITION

- Snacks
- Water

DRESS/CLOTHING

- Comfortable flats
- Extra earring backs
- Extra panty hose
- Medical tape (for torn seams)
- Lint roller
- Small sewing kit with safety pins
- Spare buttons for your dress
- Spare cufflinks
- Stain-remover wipes or stick
- White chalk (to disguise dress stains)
- Instructions for tying a bow tie
- Wooden hanger for dress photos

MISCELLANEOUS

- Camera
- Extra batteries
- Cash
- Cell phone and charger
- Drinking straws
(to avoid smudging your lipstick)
- Notebook and pens
- Super glue
- Umbrella (at least one)