



Mom Bag Checklist

- Large tote or chic carryall
- Hard-cover agenda + pen
- Mini beauty pouch
- Tissues
- Hand sanitizer / kids' wipes
- Mini kids' health kit
- Healthy snacks for mom & kids
- Phone + slim power bank
- Health cards, insurance papers, prescriptions
- Insulated water bottle or small bottle
- Cap or light blanket (weather depending)
- Small toy or distraction for kids
- "Just in case" kit (meds, pads, etc.)
- Spare outfit for kids

