



# Mom Bag Checklist

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- ☐ 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
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