

# WHAT TO INCLUDE IN YOUR WASHBAG

## Essentials

- ♥ Toothbrush
- ♥ Toothpaste
- ♥ Shampoo
- ♥ Soap or body wash
- ♥ Deodorant
- ♥ Period products
- ♥ Hairbrush or comb

### Please don't include:

- X Razors/knives/scissors
- X Food or drinks
- X Loose tampons or pads
- X Pharmaceutical items (condoms, throat lozenges, paracetamol etc)

Add a bit of **sparkle**  
by including a handwritten  
Christmas card and some  
**extra special items**

## Extra special items

- ♥ Make up
- ♥ Knickers
- ♥ Socks
- ♥ Hair accessories
- ♥ Jewellery