

Emergency Kit Checklist

Many a bride (and groom) has been grateful that she—or her maid of honor—had the foresight to bring a last-minute-glitch kit to the ceremony and reception. Just pack this stuff into a bag that can be easily slipped under a pew or head table:

- Small brush or comb
- Travel-size hairspray
- Barrettes, bobby pins, ponytail holder
- Nail file
- Safety pins
- Clear nail polish (for stocking runs)
- Clear Band Aids
- Breath mints (Altoids are our favorite)
- Tums
- Tissues
- Small mirror
- Aspirin or ibuprofen
- Tampons, pads
- Crazy Glue (for a broken heel or similar small disasters)
- White masking tape (a quick fix for hems)
- Static-cling spray
- Chalk or Ivory soap (to cover unexpected dress stains)
- Smelling salts (for fainting episodes)
- Cellular phone (your own or borrowed)
- Disposable camera
- Mini bag of pretzels, PowerBar (for a grumbling stomach)
- Small bottle of water
- Dental floss
- Lavender or chamomile oil (to calm you down!)
- Asthma inhaler or other medication
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