



WELLWISE

WOMAN

Period Ready School Bag Checklist

A little preparation can make a big difference!

Having a small period kit tucked into a school bag can help a girl feel more prepared if her period starts at school, sport, camp or while she's away from home.

Period Products

- ☐ **Pads (2–3 pads in suitable absorbencies)**
Choose a size and absorbency that fits comfortably in your school bag.
 - ☐ **Period Underwear**
A reusable option that offers convenience and comfort.
 - ☐ **Spare Underwear**
For those unexpected moments.
 - ☐ **Waterproof/Washable Bag**
To discreetly store used products until you can dispose of them properly.
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Just in Case

- ☐ **Tissues**
Helpful for cleaning up any unexpected spills.
 - ☐ **Spare Clothing** (if practical)
A change of clothes can ease worries about leaks.
 - ☐ **Wipes**
For quick clean-ups when needed.
 - ☐ **Spare shorts, leggings or uniform item** if practical
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Comfort

- ☐ **Snack**
A small treat can help boost your energy.
- ☐ **Chocolate**
A comforting snack to lift your mood.
- ☐ **Water**
Staying hydrated is important for your comfort and health.
- ☐ **Heat patch/other** comfort item if appropriate and allowed

Keep It Together

- **[] Period Pouch**

Your period pouch doesn't need to look like a "period bag". Choose something that makes you feel confident and comfortable.

- **[] Note**

Include a note saying, "I just started my period" for those moments you need to communicate discreetly.

I just started my period

Four Simple Steps

1. **Go to the Bathroom**

Take a moment to collect yourself and assess the situation. You can use toilet paper inside your underwear while you get your kit.

2. **Ask for a Product if Needed**

School nurses, teachers, or friends may have supplies you can use.

3. **Ask for Help with Leaks/Clothing**

It's okay to ask for assistance if you have a leak. If there's a noticeable leak, you can tie a jumper around your waist.

4. **Contact a Trusted Adult if Worried**

Write down their contact information below for easy access.

- **School Contact:** _____
- **Parent/Carer:** _____
- **Another Trusted Person:** _____

Remember:

Getting your period is not embarrassing. A leak isn't a failure. Asking for help is okay.

Join Period Positive Families

Learn more about how to support each other during this important time. Visit our website for resources and tips.

Wellwise Woman

www.wellwisewoman.com.au

This checklist is designed to be printed at home or school and is a helpful resource for young girls gaining independence and confidence with their menstrual health.