



Her First Kit

FIVE THINGS TO PACK

Small, ordinary things that say: we were ready for you

A little zip pouch, put together ahead of time, does more than solve a practical problem. It tells her Day 1 was expected — not a crisis to manage, but a moment you'd already made room for.

THE POUCH

- A small zip pouch, patterned or floral — not a plain plastic bag.
- It should look like it belongs in a locker or backpack, not like a medical kit.

PADS

- Two regular pads, unscented.
- Enough for a first day away from home, before she knows her own flow yet.

UNDERWEAR

- One spare pair, cotton, dark or patterned.
- A stain stops being a crisis the moment a clean pair is already in the bag.

FLUSHABLE WIPES

- A small travel pack.
- School bathrooms aren't always stocked — this keeps her feeling clean and in control.

A NOTE OF ENCOURAGEMENT

- A few lines, in your own handwriting.
- Everything else on this list is practical. This is the one she'll keep.

A NOTE TO TUCK INSIDE

Use these words, or write your own — just don't skip it.

Today your body did something amazing. This is the start of a rhythm God built into you on purpose.

I am so proud of you. I am so glad I get to walk through this with you.

I love you,
