

Sleepover Checklist

Essential items to pack for you next sleepover

- Sleeping bag
- Pillow
- Underwear (undies, bras)
- Sleepwear
- Extra pair of comfy socks
- A change of clothes
- Swimsuits
- Loungewear
- Toothbrush
- Toothpaste
- Towel
- Retainer (if you wear a retainer at night)
- Deodorant
- Hairbrush
- Hairbands or clips
- Hair products like gel
- Lip Balm
- Body lotion
- Menstrual products- pads, tampons, panty liners
- Facial skincare products
- Sunscreen
- A toiletry bag to organize everything
- Medications
- Snacks and drinks
- Cellphone & charger
- Games
- Sleepover activities (art, crafts, facials)
- A small flashlight
- Cash
- Water bottle
- A list of telephone numbers
- First aid kit
- Gift for host