



## **Wedding day Emergency kit**

### **Bride**

- *Water – keep hydrated!*
- *Snacks – don't forget to eat!*
- *Paracetamol/Ibuprofen - for unwanted headaches and pains*
- *Lavender oil - the scent is naturally soothing and perfect for calming nerves*
- *Mint sweets for sickness and fresh breathe*
- *Weather appropriate gear – umbrella & coat or sunglasses & sunscreen*
- *Mini sewing kit & Safety pins – a travel version is ideal to carry around*
- *Toiletries – tissues & wipes, deodorant & perfume, plasters, your nail varnish & nail file, your make up and hand mirror, hair accessories & hair spray, panty-liners, tampons/pads You could also leave a basket at the ceremony and/or venue toilets for your guests' emergencies.*
- *Vows – don't forget them at home if you have written your own!*
- *Legal & Travel documentation – if required*
- *Fully Charged Mobile phone and contact numbers of your family, wedding party & suppliers*
- *Cash & Card/Cheque book – for supplier payments and last minute purchases*

***Don't forget to book your beauty treatments beforehand and ensure you have completed all your hair removal and beauty regimes.***

### **Groom**

- *Water – keep hydrated!*
- *Snacks – don't forget to eat!*
- *Paracetamol/Ibuprofen - for unwanted headaches and pains*
- *Lavender oil - the scent is naturally soothing and perfect for calming nerves*
- *Mint sweets for sickness and fresh breathe*
- *Weather appropriate gear – umbrella & coat or sunglasses & sunscreen*
- *Mini sewing kit & Safety pins – a travel version is ideal to carry around*
- *Toiletries – tissues & wipes, deodorant & cologne, plasters, hair gel. You can also leave a basket at the ceremony and/or venue toilets for your guests' emergencies.*
- *Vows – don't forget them at home if you have written your own!*
- *Legal & Travel documentation – if required*
- *Fully Charged Mobile phone and contact numbers of your family, wedding party & suppliers*
- *Cash & Card/Cheque book – for supplier payments and last minute purchases*