



The Stronger Life Wedding Day Emergency Kit – Bride Edition

Stay calm, confident, and radiant with this checklist for your big day!

Names: _____
Wedding Date: _____

Beauty & Personal Care

- Lipstick / lip gloss / balm
- Makeup touch-up kit
- Perfume sample or roller
- Compact mirror
- Blotting papers / powder
- Tissues
- Q-tips / cotton swabs
- Hair spray / pins / ties / comb / brush
- Mini deodorant
- Nail file / polish
- Stain remover pen
- Mini sewing kit
- Body spray / lotion

Wardrobe & Comfort

- Fashion tape
- Static guard
- Safety pins
- White chalk (hide stains)
- Heel protectors / inserts
- Comfortable flats
- Water bottle

- Healthy snacks

Health & Emergency

- Pain reliever
- Band-Aids
- Allergy medicine
- Tums / Pepto
- Blister cushions
- First aid kit
- Mints / gum