

THE STRONGER LIFE

Wedding Day Emergency Kit

Groom Edition

Look sharp and feel ready for every moment of your big day.
Hand this kit to your best man and let him have your back from suit-up to send-off.

Names: _____

Wedding Date: _____

Venue: _____

Ceremony Time: _____

GROOMING & STYLE

- | | |
|--|---|
| ■ Comb / brush (match your style) | ■ Styptic pencil (stops shaving nicks instantly) |
| ■ Hair product (pomade, gel, or paste) | ■ Lint roller (compact, travel-size) |
| ■ Travel-size hair spray (hold all day) | ■ Handkerchief (one for pocket, one for tears) |
| ■ Deodorant (clinical strength recommended) | ■ Tissues (travel pack) |
| ■ Cologne (sample vial — don't overdo it) | ■ Shoe polish wipes or shine cloth |
| ■ Shaving kit / razor / electric trimmer | ■ Teeth whitening strips (night before) |
| ■ Shaving cream + aftershave balm | ■ Facial moisturizer (non-greasy, matte) |
| ■ Nose / ear hair trimmer (seriously, check) | ■ Oil-absorbing sheets (for face shine in photos) |

PRO TIP: Apply cologne to your pulse points — wrists and behind the ears — not your suit. Fabric holds scent differently and can stain. A styptic pencil costs a couple dollars at any drugstore and stops a shaving nick in seconds. Pack two handkerchiefs: one for your breast pocket and one in your inside jacket pocket for when the emotions hit during the vows.

WARDROBE & SUIT RESCUE

- | | |
|--|---|
| ■ Backup tie or bowtie (same color family) | ■ Small scissors |
| ■ Extra cufflinks / tie clip | ■ Stain remover pen (e.g., Tide-to-Go) |
| ■ Boutonniere pins (extras for groomsmen too) | ■ Extra dress socks (matching, dark) |
| ■ Safety pins (assorted sizes) | ■ Extra undershirt (white, fitted) |
| ■ Mini sewing kit (black, navy, gray thread) | ■ Shoe horn (avoids crushing the heel) |
| ■ Fashion tape (double-sided, for lapels) | ■ Belt (backup, in case one breaks) |
| ■ Static guard spray | ■ Collar stays (extras — they always disappear) |
| ■ Wrinkle-release spray (suits wrinkle in transit) | ■ Suit brush (removes dust and lint fast) |

PRO TIP: Wrinkle-release spray is the groom's secret weapon. Suits that travel in garment bags still wrinkle at the shoulders and back. Give it a quick spray, hang for five minutes, and you're sharp. Always pack extra collar stays — they vanish from dress shirts like socks vanish from dryers. A suit brush handles what a lint roller can't.

HEALTH & WELLNESS

- | | |
|---|--|
| ■ Pain reliever (ibuprofen + acetaminophen) | ■ Prescription medications (don't forget these) |
| ■ Allergy medicine (non-drowsy formula) | ■ Sunscreen (SPF 30+, non-greasy, face-safe) |
| ■ Antacid tablets (Tums / Pepto chewables) | ■ Bug spray (unscented, for outdoor venues) |
| ■ Anti-nausea medication (nerves are real) | ■ Throat lozenges (dry mouth from nerves) |
| ■ Band-aids (assorted + blister pads) | ■ Electrolyte packets (hydrate without bloating) |
| ■ Eye drops (redness relief for photos) | ■ Lip balm (SPF, no shine for photos) |
| ■ Contact lens solution + spare contacts | ■ Small first aid kit |

PRO TIP: Grooms get nervous too — dry mouth, upset stomach, headaches are all common. Throat lozenges help with the dry-mouth problem that hits right before you say your vows. Eye drops before photos make a real difference, especially if you celebrated a little too much at the rehearsal dinner. Use matte lip balm so your lips don't look shiny in close-ups.

FUEL & HYDRATION

- | | |
|---|---|
| ■ Water bottle (stay hydrated all day) | ■ Sports drink or coconut water |
| ■ Protein bars / beef jerky | ■ Mints / breath strips (skip gum for photos) |
| ■ Mixed nuts or trail mix | ■ Floss picks (quick, discreet) |
| ■ Granola bars or energy bars | ■ Hard candies (quick energy before ceremony) |
| ■ Sandwiches or wraps (pre-packed, easy to eat) | ■ Coffee or energy drink (morning only!) |

PRO TIP: Eat a real meal before you put on the suit — not after. Grease stains on a white shirt are a nightmare. Have your best man hand you a protein bar an hour before the ceremony; low blood sugar makes you lightheaded and pale in photos. Skip gum once the photographer arrives — it shows in every candid shot. Cut off caffeine by early afternoon to avoid the jitters during your vows.

EMOTIONAL PREP & MINDSET

- | | |
|---|---|
| ■ Handwritten note to your bride (to give) | ■ Encouraging Scripture or quote card |
| ■ Letter from your bride (to read, if exchanging) | ■ Playlist for getting-ready time with the guys |
| ■ Personal vows (printed on a card, not phone) | ■ List of 3 simple breathing exercises |
| ■ Photo of a loved one who can't be there | ■ Journal or notepad (write down a moment) |
| ■ Meaningful keepsake (family heirloom, memento) | ■ Gratitude note (5 things about your bride) |

PRO TIP: Here's something most grooms don't think about: write down one thing you want to remember from today BEFORE the ceremony starts. The day moves so fast that details blur together by evening. A short gratitude note about your bride, read privately before you walk out, will center your heart and calm your nerves better than anything else. If a parent or grandparent has passed, carry something of theirs in your jacket pocket — a watch, a coin, a photo.

TECH & ESSENTIALS

- | | |
|---|---|
| ■ Phone charger (Lightning + USB-C) | ■ Cash (tips: \$1s, \$5s, \$10s, \$20s) |
| ■ Portable power bank (fully charged) | ■ Credit card (emergencies) |
| ■ Phone on SILENT reminder (tell groomsmen too) | ■ Vendor tip envelopes (labeled + sealed) |
| ■ Copy of vows (printed backup on card stock) | ■ Hotel room key (if staying nearby) |
| ■ Copy of marriage license | ■ Car key / rideshare app ready |
| ■ ID / driver's license | ■ Small Bluetooth speaker (getting-ready tunes) |

PRO TIP: Pre-label and seal your vendor tip envelopes and give them to your best man the morning of. You shouldn't be thinking about money on your wedding day. Print your vows on a nice card — phone screens glare in sunlight, batteries die, and hands shake. A printed card also makes a beautiful keepsake you can frame later.

WEATHER & OUTDOOR PREP

- | | |
|---|---|
| ■ Umbrella (dark or clear, not bright colors) | ■ Extra jacket layer (outdoor evening receptions) |
| ■ Sunglasses (for between photos, not during) | ■ Towel (for dew on chairs or benches) |
| ■ Mini battery-powered fan (summer weddings) | ■ Poncho or rain jacket (transport to venue) |
| ■ Hand warmers (fall / winter ceremonies) | ■ Sweat-proof undershirt (game changer in heat) |

PRO TIP: If your wedding is outdoors in summer, a sweat-proof undershirt is the single best investment you'll make. Thompson Tees and similar brands stop sweat from reaching your dress shirt entirely. Hand warmers tucked inside suit jacket pockets keep your hands warm for an outdoor winter ceremony without anyone seeing them.

GROOMSMEN COORDINATION

- | | |
|---|--|
| ■ Groomsmen gift bags (distribute morning-of) | ■ Processional order card (who walks when) |
| ■ Getting-ready outfit (matching shirts for photos) | ■ Best man duties checklist (rings, toast, etc.) |
| ■ Extra boutonniere pins (someone always needs one) | ■ Contact list for entire wedding party |
| ■ Extra collar stays and cufflinks | ■ Groomsmen emergency kit (lint roller, mints, etc.) |
| ■ Printed timeline for each groomsman | ■ Thank-you cards for the guys |

PRO TIP: Give your best man a printed checklist: hold the rings, manage the emergency kit, keep groomsmen on schedule, cue the DJ for the toast, and wrangle everyone for group photos. Pack a small "groomsmen kit" with a shared lint roller, extra mints, and safety pins — at least one groomsman will need something he didn't bring.

RING & CEREMONY ESSENTIALS

- | | |
|--|--|
| ■ Wedding rings (confirm with best man!) | ■ Ceremony programs (extra copies) |
| ■ Ring box or pouch (for safe transport) | ■ Reserved seating signs (for family rows) |
| ■ Printed vows or vow booklet | ■ Pocket square (folded and ready) |
| ■ Marriage license + signing pen (blue or black ink) | ■ Boutonniere (stored in fridge until go-time) |
| ■ Unity ceremony supplies (if applicable) | ■ Officiant's gift (if giving one) |

PRO TIP: The number one groom panic moment? Not knowing where the rings are. Designate ONE person — your best man — and confirm with him twice: once the night before and once the morning of. Keep the boutonniere in a fridge or cooler until 20 minutes before photos; heat wilts flowers fast. Use blue or black ink for the marriage license — some counties reject other colors.

RECEPTION & AFTER-PARTY

- | | |
|---|---|
| ■ Comfortable shoes (if switching from dress shoes) | ■ Toasting flutes (if bringing your own) |
| ■ Second outfit (optional, for after-party) | ■ Gift card box security (assign someone) |
| ■ Touch-up kit (move from getting-ready room) | ■ Departure items (sparklers, bubbles, etc.) |
| ■ Phone charger at head table (discreet) | ■ Overnight bag packed and in car / hotel |
| ■ Toast notes (printed, not on phone) | ■ Post-wedding snack (you WILL be hungry later) |
| ■ Cake-cutting set (confirm with caterer) | ■ Bride's comfortable shoes (she'll thank you) |

PRO TIP: Pack your overnight bag and put it in the car **BEFORE** the ceremony — you will not want to deal with it at midnight. If you're giving a toast to your bride, print your notes on a card; reading from your phone looks unpolished. Bonus move: stash a pair of your bride's flats under the head table. She'll think you're a hero when her feet are aching at hour three.

GROOM'S MORNING-OF TIMELINE

- | | |
|--|---|
| ■ Eat a real breakfast (before the suit goes on) | ■ Shower + grooming routine |
| ■ Shave carefully (styptic pencil nearby) | ■ Style hair + light product |
| ■ Put on undershirt, dress shirt, pants first | ■ Jacket and boutonniere go on LAST |
| ■ Read note from bride (if exchanging) | ■ Give groomsmen their gifts |
| ■ Confirm rings with best man | ■ Confirm marriage license is at the venue |
| ■ Hand tip envelopes to best man | ■ Final mirror check (collar, tie, pocket square) |
| ■ Phone on SILENT (tell groomsmen too!) | ■ One deep breath — you've got this, brother. |

BEST MAN'S GAME PLAN — ASSIGN IT & FORGET IT

TASK	ASSIGNED TO
Manage this emergency kit	_____
Hold the rings until ceremony	_____
Carry the marriage license to venue	_____
Distribute vendor tip envelopes	_____
Wrangle groomsmen for group photos	_____
Keep groom fed and hydrated	_____
Cue DJ for toasts and first dance	_____
Secure gift card box at reception	_____
Drive overnight bags to hotel	_____
Return rental suits (next business day)	_____

PRO TIP: Fill this out at the rehearsal dinner and hand a copy to your best man. Your only job on your wedding day is to show up, be present, and marry the love of your life. Let your guys handle the rest — that's what they're there for.

NOTES & REMINDERS
