

YOUR GUIDE TO MAKING A PERIOD KIT

PERIOD HYGIENE PRODUCTS

When building your period kit, the most important items to include are menstrual or period products. There are a variety of period products available, including pads, tampons, and period underwear. Choose the product you are more comfortable with and add a couple into your bag.



Pads



Tampons



Period Underwear



Period Visuals



SOCIAL STORY

Adding a portable social story to your period kit is a helpful way to make you feel comfortable with your period. A social story can include pictures and a step-by-step guide on what to do when your period begins. Please refer to [Menstruation \(Period\) Visuals](#) from Advocate Medical Group: Adult Down Syndrome Center for social story examples.

SYMPTOM MANAGEMENT

You may want to add symptom management options to your period kit. Symptom management options will help you with any pain you may feel during your period. Options may include over-the-counter medications or portable/single-use heating pouches. Talk to your doctor for more information about pain relief options while on your period.



Over-the-counter Medications



Heating Pad

BONUS OPTIONS

Bonus items you can include in your period kit may include extra underwear, disposable bags, or travel packs of tissues. Extra underwear may be helpful if your period has arrived unexpectedly, and the disposable bags can help you safely store soiled underwear until you get home. The travel size of tissues may also help you feel prepared just in case there are none available in a restroom. **Remember, you can add anything to your period kit that will make you feel confident and ready to manage your period.**



Tissues



Extra Underwear