

# Prom Night Emergency Kit Checklist for Girls

## Fashion Fixes Checklist

1. **Safety Pins:** Perfect for quick wardrobe fixes, whether it's a torn seam or a loose strap. Great for securing loose straps or hems.
2. **Needle and Thread:** A small sewing kit can fix unexpected wardrobe malfunctions.
3. **Fashion Tape:** Use this double-sided tape to secure any clothing that may need a little extra hold.
4. **Stain Remover Wipes:** Accidents happen! Be ready to tackle any spills or stains immediately.
5. **Extra Hairpins:** For those unexpected hair emergencies; you'll want to keep your hairstyle intact.
6. **Clear Nail Polish:** A quick fix for runs in stockings or tights.

## Beauty Essentials

1. **Makeup Touch-Up Kit:** Include lipstick, blush, and any other essentials to keep your look fresh throughout the night.  
Lipstick or Lip Gloss: For quick touch-ups and to keep your smile fresh.  
Compact Mirror: To check your makeup throughout the evening.  
Blotting Papers: To reduce shine without adding extra powder.  
Mini Hair Spray or Hair Gel: To tame flyaways and keep your hairstyle in place.
2. **Deodorant:** A travel-sized deodorant can be a lifesaver after hours of dancing.
3. **Perfume or Body Spray:** A small vial can help you feel refreshed and confident.
4. **Breath Mints or Gum:** Keep your breath fresh throughout the evening.
5. **Bobby Pins and Hair Ties:** Essential for quick hair adjustments or touch-ups.
6. **Tweezers:** Useful for any unexpected makeup mishaps.
7. **Nail File:** In case of a broken nail, a quick fix can save the night.

## Health and Safety

1. **Basic First Aid Kit:** Include items like adhesive bandages, antiseptic wipes, and pain relievers for headaches.
2. **Pain Relievers:** A couple of ibuprofen or acetaminophen can be a godsend if you start to feel a headache coming on.
3. **Feminine Hygiene Products:** Always be prepared for any surprises that may arise.
4. **Water Bottle:** Staying hydrated is crucial, especially if you're dancing the night away.
5. **Allergy Medication:** If you have known allergies, it's smart to have medication on hand.

6. **Hand Sanitizer:** For easy cleanliness, especially if refreshments are served.
7. **Healthy Snacks:** Protein bars or healthy snacks to keep your energy levels up during the event.

## Footwear Fundamentals

1. **Comfortable Flats or Foldable Shoes:** Comfortable backup shoes are essential if heels become unbearable. If your heels become unbearable, a pair of stylish yet comfortable flats can provide much-needed relief.
2. **Gel Inserts or Cushions:** Extra comfort for long hours of dancing.
3. **Extra Pair of Stockings or Tights:** For accidents such as runs or tears.
4. **Band-Aids:** To soothe blisters and prevent discomfort from shoes.

## Technology and Communication

1. **Portable Phone Charger:** Ensure your phone stays charged for those prom night selfies and calls.
2. **Emergency Contacts:** A list of important contacts, including your parents or guardians, in case of an emergency.
3. **Camera/Smartphone:** Capture all the memories of the night!

## Miscellaneous

1. **Cash and Identification:** Having some cash on hand can be useful for tips or small purchases. Some venues might require identification for entry.
2. **Hairbrush/Comb:** For quick touch-ups throughout the evening.
3. **Bobby Pins:** These can help secure hairstyles and keep everything in place.