

THE STRONGER LIFE

Wedding Day Emergency Kit

Bride Edition

Stay calm, confident, and radiant with this complete checklist for your big day!
Have your Maid of Honor or a trusted bridesmaid keep this kit close by throughout the celebration.

Names: _____

Wedding Date: _____

Venue: _____

Ceremony Time: _____

BEAUTY & PERSONAL CARE

- | | |
|--|---|
| ■ Lipstick / lip gloss / balm (your shade) | ■ Hair spray (travel-size, strong hold) |
| ■ Makeup touch-up kit (foundation, concealer) | ■ Bobby pins (match your hair color) |
| ■ Setting spray (to lock makeup in place) | ■ Hair ties / elastics (clear or matching) |
| ■ Perfume sample or roller (avoid large bottles) | ■ Comb / brush / detangling spray |
| ■ Compact mirror (full-size if space allows) | ■ Mini deodorant (clear / no white marks) |
| ■ Blotting papers / translucent powder | ■ Nail file + nail polish (your color + clear coat) |
| ■ Tissues (travel pack) | ■ Cuticle oil pen |
| ■ Q-tips / cotton swabs (fix eyeliner smudges) | ■ Body spray / unscented lotion |
| ■ Waterproof mascara (backup tube) | ■ Dry shampoo (volumizing touch-ups) |
| ■ Eyelash glue (if wearing false lashes) | ■ Makeup wipes / micellar water pads |

PRO TIP: Ask your makeup artist which exact products they used so your touch-up kit matches perfectly. Keep Q-tips and micellar water together in a small ziplock — they're the fastest way to fix a mascara smudge without redoing your whole eye. Setting spray is a non-negotiable for outdoor or summer weddings.

WARDROBE & COMFORT

- | | |
|--|--|
| ■ Fashion tape (double-sided, dress-safe) | ■ Comfortable flats (for dancing later!) |
| ■ Static guard spray | ■ Moleskin patches (prevents blisters) |
| ■ Safety pins (assorted sizes, white + silver) | ■ Clear nail polish (stops stocking runs) |
| ■ White chalk stick (instant stain camouflage) | ■ Lint roller (compact travel size) |
| ■ Stain remover pen (e.g., Tide-to-Go) | ■ Wrinkle-release spray (for dress + veil) |
| ■ Mini sewing kit (white, ivory, and black thread) | ■ Extra bustle pins or hooks |
| ■ Hem tape (iron-on, for last-minute fixes) | ■ Dress hanger (padded, for photos) |
| ■ Heel protectors / cushion inserts | ■ Garment steamer or travel iron |

PRO TIP: Break in your wedding shoes at home for at least a week before the big day — wear them around the house on carpet for 30 minutes each evening. Moleskin patches on the backs of heels will save you during the reception. Pack an extra set of bustle hooks; they pop off more often than you'd think.

HEALTH & WELLNESS

- Pain reliever (ibuprofen + acetaminophen)
- Allergy medicine (non-drowsy formula)
- Antacid tablets (Tums / Pepto chewables)
- Anti-nausea medication (nerves happen!)
- Band-aids (assorted + blister-specific pads)
- First aid kit (small, basic)
- Eye drops (redness relief + lubricating)
- Contact lens solution + spare contacts
- Prescription medications (don't forget!)
- Feminine hygiene products
- Sunscreen (SPF 30+, non-greasy, face-safe)
- Bug spray (unscented, for outdoor venues)
- Throat lozenges (sore throat from cheering!)
- Electrolyte packets (prevents dehydration)
- Vitamin B complex (energy without jitters)

PRO TIP: Wedding-day nerves can upset your stomach even if you never have issues. Pack antacid and anti-nausea meds just in case. If you wear contacts, bring your glasses as a backup — crying happy tears plus contacts can be a painful combination. Electrolyte packets in your water bottle keep you hydrated without constant bathroom trips.

FUEL & HYDRATION

- Water bottle with straw (protects lipstick!)
- Protein bars / granola bars
- Mixed nuts or trail mix
- Cheese and crackers (pre-packed)
- Fruit snacks or dried fruit
- Mints / breath strips (skip gum for photos)
- Floss picks (discreet, fast)
- Coconut water or sports drink
- Hard candies (quick energy boost)
- Chocolate (because you deserve it)

PRO TIP: The number one regret brides report? Not eating on their wedding day. Adrenaline masks hunger until it's too late and you're dizzy during the first dance. Ask your MOH to hand you a protein bar during hair and makeup. Use a straw for all drinks — it protects your lipstick and avoids spill disasters. Skip gum; it shows in candid photos.

EMOTIONAL WELLNESS & CALM

- Calming essential oil roller (lavender)
- Handwritten note from your partner (to read)
- Letter to your partner (to give)
- Photo of a loved one who can't be there
- Small journal / notepad (capture moments)
- Favorite playlist on your phone (getting ready)
- List of 3 breathing exercises
- Encouraging Scripture or quote card
- Small meaningful keepsake or charm
- Gratitude list (written the night before)

PRO TIP: Write a gratitude list the night before your wedding — ten things you're thankful for about your partner. If nerves hit on the morning of, read it. It shifts your focus from logistics to love. If you've lost a parent or someone dear, a small photo charm pinned inside your bouquet is a beautiful, private way to carry them with you down the aisle.

TECH & ESSENTIALS

- Phone charger (Lightning + USB-C)
- Portable power bank (fully charged)
- Phone on SILENT reminder card
- Copy of vows (printed, not just on phone)
- Copy of marriage license
- ID / driver's license
- Insurance cards (just in case)
- Cash + credit card (tips, emergencies)
- Hotel room key (if staying nearby)
- Car key / rideshare app ready
- Vendor tip envelopes (labeled + sealed)
- Small Bluetooth speaker (getting-ready music)

PRO TIP: Print your vows on a beautiful card — phones die, hands shake, and screens glare in sunlight. A printed card also photographs better if your photographer captures the moment. Pre-label and seal tip envelopes so your MOH or coordinator can distribute them without you thinking about money on your wedding day.

WEATHER & OUTDOOR PREP

- Clear umbrella (photographs beautifully)
- Waterproof makeup setting spray
- Elegant pashmina / wrap (cool evenings)
- Poncho or rain cover for dress transport
- Mini battery-powered fan (summer heat)
- Absorbent towel (dew on chairs / benches)
- Hand warmers (fall / winter weddings)
- Heel stoppers (prevents sinking in grass)

PRO TIP: Heel stoppers are tiny clear caps that fit over stiletto heels so they don't sink into grass, sand, or gravel. They're under five dollars and invisible in photos. If your ceremony is outdoors, waterproof setting spray is essential even if rain isn't forecast — humidity alone can melt traditional makeup.

BRIDAL PARTY COORDINATION

- Bridesmaid gift bags (distribute morning-of)
- Bridesmaid emergency contact list
- Getting-ready robes or PJ set (for photos)
- Processional order card (who walks when)
- Hair / makeup schedule printed for each person
- MOH duties checklist (delegate confidently!)
- Extra bobby pins + hair ties for bridesmaids
- Small thank-you cards for bridal party
- Touch-up kit items to share (lint roller, etc.)
- Group playlist for getting-ready time

PRO TIP: Give your Maid of Honor a printed checklist of her duties for the day — holding your bouquet, bustling your dress, managing the emergency kit, cueing the DJ for speeches. When expectations are clear, everyone relaxes. Share the getting-ready schedule with every bridesmaid the night before so nobody is late for hair and makeup.

PHOTO & MEMORY PREP

- Shot list for photographer (must-have photos)
- Flat-lay items for detail photos (rings, invite, shoes)
- Family grouping list (saves time at portraits)
- Vow booklets (beautiful for photos)
- "First look" props or letter (if applicable)
- Disposable cameras for guest tables
- Something old, new, borrowed, blue
- Guestbook + signing pen (backup pen too)
- Bouquet charm or memorial pin
- Social media hashtag sign (if using one)

PRO TIP: Prepare a family grouping list for your photographer ahead of time — "Bride + parents," "Bride + groom + grandparents," etc. This avoids the awkward moment of trying to remember every combination while 200 guests wait for cocktail hour. Lay out your flat-lay items (invitation, rings, perfume, shoes, jewelry) on a clean surface before the photographer arrives.

CEREMONY ESSENTIALS

- Rings (confirm location with best man!)
- Flower girl petals (backup bag)
- Printed vows or vow booklet
- Aisle accessories (petals, signs, etc.)
- Marriage license + pen for signing
- Ceremony programs (extra copies)
- Unity ceremony supplies (candle, sand, etc.)
- Reserved seating signs
- Ring bearer pillow or box
- Tissue packs for front-row family

PRO TIP: Designate ONE person to be responsible for the rings and marriage license — not the same person handling your bouquet, your train, and your lipstick. Have a backup bag of flower petals; flower girls often dump the entire basket in the first three steps. Place tissues on the chairs of parents and grandparents as a sweet, thoughtful gesture.

RECEPTION READY

- Comfortable shoes (flats, sneakers, or slippers)
- Second outfit or romper (optional, for after-party)
- Touch-up kit (move from bridal suite to reception)
- Phone charger at head table (discreet)
- Cake-cutting set (confirm with caterer)
- Toasting flutes (if bringing your own)
- Gift card box or wishing well (secured)
- Departure items (sparklers, bubbles, petals)
- Overnight bag packed and in car / hotel
- Post-wedding snack (you WILL be hungry later)

PRO TIP: After the ceremony, move your mini touch-up kit to the reception restroom so it's accessible all night. Many brides change shoes after the first dance — white sneakers with the dress are a fun, photogenic trend. Pack an overnight bag with everything you need and put it in the car BEFORE the ceremony so you're not scrambling at midnight.

BRIDE'S MORNING-OF TIMELINE

■ Eat a real breakfast (protein + carbs)	■ Drink a full glass of water
■ Shower + skincare routine	■ Lay out flat-lay items for photographer
■ Hair and makeup (per schedule)	■ Take medications / vitamins
■ Read note from partner (if exchanging)	■ Give gifts to bridal party
■ Step into dress (photos of this moment!)	■ Final mirror check (front AND back)
■ Confirm rings with best man / MOH	■ Confirm marriage license is at the venue
■ Phone on SILENT (tell everyone!)	■ One deep breath — this is YOUR day!

DELEGATE IT! — YOU SHOULDN'T CARRY THIS ALONE

TASK	ASSIGNED TO
Manage this emergency kit	_____
Hold the rings until ceremony	_____
Carry the marriage license	_____
Distribute vendor tips	_____
Bustle the dress after ceremony	_____
Move touch-up kit to reception	_____
Handle gift cards / wishing well	_____
Collect decorations at end of night	_____
Drive overnight bags to hotel	_____
Post-wedding dress pickup / storage	_____

PRO TIP: Fill out this delegation chart at your rehearsal dinner and give a copy to your MOH and your coordinator. The bride should not be solving problems on her wedding day — that's what your people are for. Let them serve you joyfully!

NOTES & REMINDERS
