

A GUIDE TO

Period packs!

Mislif
Fi
Bloody
Brilliant

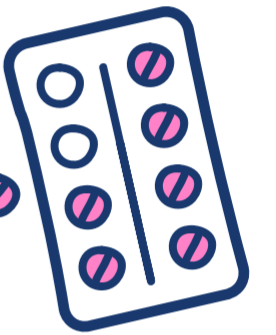
Back up pants!



The trusty tampon



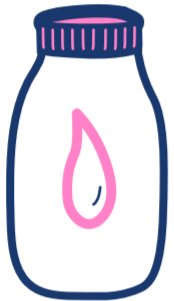
Pain killers



(ask an adult for advice first)

Emergency hand sanitiser

(only for your hands)



Liners for those cheeky leaks



Wet wipes for leaks

Top tip!

Wipes are good for when you have blood on your thighs and clothes! But don't forget, your vagina is self-cleaning... so don't use them down there!

The good ol' faithful pads



Trusty period pack

