

Sports mom essentials

PACKING CHECKLIST

CLOTHES (COLD WEATHER/ ICE ARENA)

- Thermo underwear
- Warm socks
- Beanie, Scarf, Gloves
- Cushions

KID'S ACTIVITIES

- Ball
- Scooter
- Colored pencils
- Tablet (earphones)

SUN PROTECTION

- Sunglasses, cap/hat
- Sun protection cream

SNACKS

- Sandwiches
- Biscuits / Crackers
- Nuts, dried fruit
- Water
- Flask with warm tea

OTHER ESSENTIALS

- Disinfection spray
- Hand disinfection
- Wet wipes
- Paper Tissues
- Lip balm
- Pocket knife
- Deodorant
- Tea tree oil

♥ NOTES