



Period Packing Party

Bleeding can happen whenever and wherever menstruators go, so it is a good idea to come prepared. A Period Packing Party is a great time to get prepared and to talk about period products.

Activity Supplies

- **Plain canvas bags**
- **Markers** (fabric or permanent markers work best)
- **Packing Items** (see below)

Instructions

1. Take some time to talk about what menstruation is
2. Gather your supplies
3. Decorate
4. Stock your bag
 - talk about each product and how they are used
5. Leave time for questions



What goes in my bag?

- Ibuprofen (advil)
- Underwear
- Plastic bag
- Period products of choice
 - Tampons
 - Pads
 - Liners
 - Menstrual cups

For more information on Period Products and how to use them, see the [Period Product Guide](#)

For More Information...
www.gowith-theflow.org