

# RWA Packing List



You never want to be without:

An electric skillet - Tawna Fenske

An Otter - Jeanne Adams

Nametag / Badge holder with pins & Swag on it -

Jenn LeBlanc, Cathy Maxwell & Lynne Silver

Cash - MK Meredith

Nuts / Trail mix / Dried Fruit / Jerky

Nut Butter

Breakfast for room

Protein Bars/Granola Bars / Kind, Cliff or Lara Bars

Fruit

Gum / Mints / Candy / Chocolate / Licorice

Slippery Elm Tea (Throat Coat) / Ginger Chews

Deoderant - Full/ Travel

Tums

Ibuprofen / Tylenol

Emergen-C

Zzzquil

Vitamins / Medicine

Band-aids

Neosporin

Q-tips / Cotton Balls

Toothbrush / Paste

Saline / Contacts

Razor Blades / Shave Gel

Soap/Body Wash

Body/ Hand Lotion

Comb/Brush

Beard Balm

Purel / Lysol wipes

Perfume / Cologne

Hair ties

Make-up & Brushes

Nail file/clipper

Make-up Remover

Cleanser & Moisturizer

Breathe Right Strips

Female Sanitary Items

Hot rollers/ Flat iron/

Hair Dryer w/difuser

Tidestick

Safety pin / Sewing Kit

Shirts

Blouses

Cardigan

Shawl

Shawl

Dress

Skirts

RITA Dress

Slacks

Jeans

Yoga Pants

Shoes

Sneakers

Pumps

Flip flops

Camisole

Pantyhose

Slip

Bras (Strapless)

Panties

Spanx

Pajamas

Fuzzy Socks

Lavender Oil for sleep

Workout Gear

Workout Bra

Socks

Sweatshirt for room

Purse for events

Day Bag

Extra suitcase for books

Boxes and packing tape

Stamps to mail postcards

**\*\*Back-up all devices  
BEFORE leaving\*\***

Credit Cards

Starbucks \$ added

Extra Ziploc Bags in  
all Sizes

Garbage Bag

Refillable H<sub>2</sub>O Bottle  
Sponge with soap

E-reader/ Books

Phone w/charging cable

FitBit w/charging cable

Portable Battery Pack

Cords for ALL devices

Power Strip / Surge

IPad / Tablet

Playlist

Planner

Notebook/Folders

Pens / Highlighters

Sticky notes

Paper & Binder clips

Eyeglass cleaning cloth

Glasses

Luggage scale

Corkscrew / Alcohol or  
Wine

Umbrella

Marketing Materials

SWAG

Business Cards

Folder

Printed Schedule / App