

# The Ultimate Baseball Mom



## Survival Bag Checklist



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- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Hat or visor
- \_\_\_\_\_ Bug spray
- \_\_\_\_\_ Pain reliever
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Snacks
- \_\_\_\_\_ Battery operated fan/ mister
- \_\_\_\_\_ Cash for concession stand
- \_\_\_\_\_ Blankets
- \_\_\_\_\_ Extra sweatshirt/ jacket
- \_\_\_\_\_ Winter hat and gloves
- \_\_\_\_\_ Lip gloss/balm with SPF
- \_\_\_\_\_ Cooling towel
- \_\_\_\_\_ Hand sanitizer
- \_\_\_\_\_ First Aid kit (with gloves, spirits of amonia, athletic tape)
- \_\_\_\_\_ Rain poncho
- \_\_\_\_\_ Ice packs
- \_\_\_\_\_ Gum/mints
- \_\_\_\_\_ Tissues
- \_\_\_\_\_ Wipes
- \_\_\_\_\_ Roll of toilet paper
- \_\_\_\_\_ Umbrella
- \_\_\_\_\_ Towel for bleachers
- \_\_\_\_\_ Portable phone charger
- \_\_\_\_\_ Eye drops
- \_\_\_\_\_ Small toys for young kids
- \_\_\_\_\_ Period kit
- \_\_\_\_\_ Score book/pen/pencil
- \_\_\_\_\_ Brush and hair ties
- \_\_\_\_\_ Small sewing kit
- \_\_\_\_\_ Dryer sheets (gnats)
- \_\_\_\_\_ Copy of game schedule
- \_\_\_\_\_ Directions to fields
- \_\_\_\_\_ Coach's Phone #

