

WHAT'S IN YOUR BAG?

Step one to a good day out:
Pack the right stuff



Check out the top to-go items that teens shared with us and add your own below.

- Sunglasses
- Cell phone (*Duh!*)
- Headphones
- Lip balm
- Wallet and health insurance cards
- Additional medicines
- Salt packets and salty snacks
- Vitamins and supplements
- Hand sanitizer
- Doses of cystine-depleting therapy (CDT)
- CDT eyedrops
- Water bottle
- Gum or mints
- Keys
- _____

