



What to keep in your Bride's emergency kit

In order to handle those little problems that can arise on your wedding day, it's wise to follow the motto of boy scouts across the country; no, not 'Dib dib dib' but '*Be prepared*'.

Despite military-like planning, checking and double-checking everything...twice, problems can, and no doubt, *will* arise on your wedding day. However, being prepared with a Bride's emergency kit will mean that whatever happens, you'll be ready for it and you can carry on with your special day with a smile on your face.

Having a well assembled kit is like having a little bottle of Bach's Rescue Remedy with you. It acts as a stress-buster and enables you to calmly deal with unexpected situations. Knowing that you have assembled an emergency kit for those unforeseen disasters will help you relax. No matter what arises, you're bound to have something in your kit that can deal with it!

But what should you include in your kit? Well, the following items are suggested but it's by no means an exhaustive list. There will be things which you personally cannot live without which you will want to have with you. For ease, we've split it down into 4 sections. Dream Occasions' wedding consultant, Natalie Clarkson recommends that all brides are prepared with a kit of their own and here's what she suggests it should contain.

Attire

- baby powder (works wonders on spillages on your white dress)
- Chalk (again, works well on small spots on white dresses)
- Clear nail varnish for ladders in tights/stockings
- corsage/buttonhole pins
- earring backs
- emergency buttons
- flat shoes or ballet slippers (if necessary)
- iron
- lint roller
- masking tape (for last-minute ripped hems)
- safety pins
- small sewing kit, including coloured thread for all dresses/outfits in wedding party, small scissors

- spare tights/stockings/hold ups

Beauty

- contact lens solution or spare lenses (if you wear them)
- Earring backs
- eye drops (redness reducing ones preferably)
- hairdryer, hair spray, brush, comb, hair elastics and Kirby grips
- hand lotion
- makeup & hand mirror
- mints
- nail file
- nail varnish in shade worn & remover
- perfume
- small hand towel
- straws (you'll be able to drink without messing up your lipstick before the ceremony!)
- tissues (you will need them!)
- toothbrush and toothpaste
- tweezers
- Wet wipes

Health

- antacid or something for upset tummies
- antihistamine tablet for hay fever in summer or cold remedy for winter weddings
- any prescription medications you take
- headache tablets
- plasters (just in case you haven't worn in your shoes enough)
- Rennie tablets or Tums for indigestion
- smelling salts
- sun tan lotion and sting relief for summer weddings
- tampons,&/or pads

Extras

- directions to reception (obvious but sometimes an oversight!)
- matches
- mobile phone charger or spare battery
- names and phone numbers for all vendors
- small torch (especially if you're in the middle of a field!)

- something to drink, like a bottle of water (particularly useful for lengthy photo sessions)
- something to eat!

I know what you're thinking... 'How on earth am I supposed to carry that lot around with me? I'd need a mule or small van to carry all that!'

In simple terms, you don't carry it all with you during the day! Have items that you are 100% sure you're going to need, like lipstick and tissues, close to hand in a small handbag or maybe in your bridesmaid's/mother's bag, the rest should be kept somewhere accessible such as in your bedroom if you have accommodation at your wedding reception, or hidden behind a screen or under a clothed table if you are in marquee. Just make sure that your key assistants like your bridesmaids or immediate family know where it is in case of an emergency! Keep all items in a spacious box, bag or basket so it's easy to find everything at a simple glance and you don't have to rummage around.

The best professional wedding planners have their own emergency kits which they take to weddings, so why not take a leaf out of their books and be ready for anything with a kit of your own! You can be certain that even if you don't need something from your magical box of tricks on the day, there will be someone that will.

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