

## Bottoming bag suggestions

### Essentials

- Daily Medications (e.g. inhalers, diabetes meds, birth control, etc.)
- Water
- Snacks (sugar + protein)

### Generally Recommended

- Your preferred tying clothes (e.g. wireless bra, compression shorts, leggings (recommended for hairy legs), etc.
- Cover up (sweater, onesie, robe) or change of clothes
- Your own sex toys (Vibrators, insertables, gags etc.)
- Ear plugs (for loud play environments)

### Emergency/medical

- Your preferred mini first-aid kit
- Emergency contact info
- Health insurance info
- Pain meds
- EpiPen
- Antihistamines
- Instant ice packs
- Smelling salts
- IcyHot/Biofreeze

### Hygiene / Toiletry Supplies

- Deodorant
- Breath mints/ gum/floss etc.
- Chapstick
- pads/tampons
- Finger nail clippers
- Hand sanitizer
- Lube
- Safer sex supplies (gloves, condoms, etc.)
- Your own crotch rope (or change of underwear)
- Towel
- Personal wipes

### Suggested for Classes

- Drop cloth/yoga mat to lay on
- Pen and BDSM notebook
- Caffeine pills (if skipping coffee)

## **After Care Supplies**

- Blanket
- Stuffy
- Headphones/music

## **Other useful Recommendations**

- Suspension uplines
- Flashlight
- Cutting tool (in case top forgets)
- Electrical tape or pasties
- A squeaky toy or other nonverbal safe signal
- Stickers for your top :-)