SAVE FOR THE NEXT SLEEPOVER

One night or a weekend?

Start with the host’s plans, the weather and your child’s routine. Add an extra change for spills; pack only what they can comfortably manage.

One night

- 1 outfit for the next day
- 1 set of pajamas
- Underwear and socks, plus a spare change
- Toothbrush and usual toiletries
- A comfort item and a laundry bag

A weekend

- An outfit for each day, plus a spare change
- Sleepwear and enough underwear and socks
- A layer suited to the weather
- Toiletries and a comfort item
- Separate space for shoes and used clothes

Let your child help choose the outfits and point out where each group belongs. An adult should handle medicines and communicate any care instructions directly with the host.

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