

Personal Hygiene Checklist for Tween and Teen Girls

MORNING PERSONAL HYGIENE HABITS

- Brush and floss teeth
- Wash face
- Apply moisturizer and sunscreen
- Take a bath or shower (or before bed)
- Apply deodorant or antiperspirant
- Change into clean clothes and underwear

EVENING PERSONAL HYGIENE HABITS

- Put dirty clothes (including sports and exercise wear) in the laundry basket
- Brush and floss teeth before bed
- Wash and moisturize face before bed

WEEKLY SELF-CARE ROUTINE

- If desired shave leg, underarm, and pubic area hair with a new razor and shaving cream
- Moisturize with gentle body lotion after shaving
- Apply salicylic acid, benzoyl peroxide, or other acne treatments to acne-prone skin to treat blemishes
- File or trim fingernails and toenails to keep them neat and tidy
- Do laundry! Hang up or fold clean clothes when finished
- Wash bedsheets and towels

Personal Hygiene Shopping List for Tweens and Teens

BATH AND SHOWER

- Body wash or soap
- Loofah or washcloth
- Shampoo
- Conditioner
- Acne wash or scrub
- Disposable or electric razors
- Shaving Cream

SKINCARE

- Face cleanser
- Moisturizer
- Daily Sunscreen (30 SPF or higher)
- Acne spot treatment
- Body lotion
- Makeup remover
- Tweezers razors

DENTAL CARE

- Flouride toothpaste
- Mouthwash
- Portable floss or floss picks

MENSTRUAL SUPPLIES

- Extra pads/tampons/menstrual cups to keep at home and in a locker or backpack
- Ibuprofen
- Baby wipes
- Period panties/extra underwear

FIRST AID AND OTHER SELF-CARE SUPPLIES

- Band-aids
- Hair ties or hair clips
- Q-tips and cotton balls
- Nail clippers
- Lip balm or chapstick
- Portable hand sanitizer
- Aspirin and OTC cold medicine