



FIRST TRIMESTER

First-trimester nausea kit: what to always have with you

First-trimester nausea doesn't stick to a schedule. Pack these must-haves so you're ready whether you're at work, commuting, or out running errands.

A free guide from maternity.app

First-trimester nausea can hit when you least expect it, here's how to pack a go-to kit that keeps you prepared anywhere.

Keep these essentials in your everyday bag

- ☐ Pre-packed **sickness bags** (like airplane bags) for emergencies on the go
- ☐ **Peppermint oil** roller or hard candies to help curb nausea
- ☐ **Sea-bands** for acupressure relief if you're prone to motion sickness
- ☐ **Saltines or plain crackers** in a resealable bag to settle your stomach
- ☐ **Ginger chews** or ginger tea bags (many cafés will give you hot water)
- ☐ **Small water bottle** to stay hydrated, dehydration worsens nausea
- ☐ **Lip balm** to combat dry mouth after vomiting
- ☐ **Tissues or wet wipes** for quick cleanups
- ☐ **Hand sanitizer** for when sinks aren't nearby
- ☐ **Spare hair tie** to keep hair back (no one wants to hunt for one last-minute)

If you work outside the home

- **Desk stash.** Keep duplicates of your kit items in a drawer at work.
- **Cooling mist.** A facial spray helps with sudden overheating.
- **Backup top.** A lightweight shirt in your bag avoids feeling stuck in stained clothes.

Don't wait to refill

Check your kit weekly. Replace used-up items before you run out, nausea won't wait for your next grocery run.

THE SNIFF TEST

If strong smells trigger your nausea, tuck a small vial of lemon or lavender oil in your kit. A quick whiff can help override unpleasant odors.

You've got this. Packing smart means one less thing to worry about when nausea strikes.