

Sleepover Packing List for Teen Girls

Essentials

- Pajamas or comfy loungewear
- Toothbrush & toothpaste
- Hairbrush or comb
- Deodorant
- Face wash & skincare items
- Hair ties or scrunchies
- Undergarments & extra socks
- Change of clothes for the next day
- Phone & charger
- Sleeping bag or blanket (if needed)
- Pillow

Optional Toiletries & Beauty

- Lip balm
- Body lotion
- Makeup (if desired)
- Makeup remover wipes
- Perfume or body spray
- Nail polish (if you plan to do nails)

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Fun & Extras

- Favorite snacks or drinks
- Slippers or fuzzy socks
- Games or card games (like Uno or Truth or Dare)
- Face masks for a mini spa night
- Stuffed animal or comfort item
- Journal or sketchbook
- Favorite book or magazine
- Bluetooth speaker (for music/dance party)

Bonus Tips

- Pack in a small duffel bag or backpack
- Don't forget any medications or allergy items
- Bring a water bottle to stay hydrated
- Ask your host what to bring (just in case)