

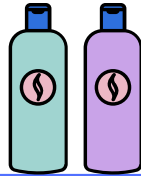
Pool Shower Bag Shopping Checklist

The Pool-to-Bedtime System for Moms
Shop once. Pack once. End pool days peacefully.

BUILD YOUR POOL SHOWER BAG (SHOP ONCE FOR THE SUMMER)

HAIR CARE

- Clarifying shampoo
- Conditioner
- Detangling spray
- Hair brush
- Hair ties
- Moisturizing hair cream



SHOWER ESSENTIALS

- Travel body wash
- Clean towels for post-shower (chlorine-free!)
- Fresh washcloths (1 per child)

CLOTHING

- Clean pajamas or comfy outfits
- extra underwear
- light sweatshirt

OPTIONAL MOM ADD-ONS

- Face wipes
- Lip balm
- extra sunscreen



TIPS AND NOTES TO SELF...

- Teacher-Mom Tip: Buy duplicates of your favorite products so this bag can
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THE 10 MINUTE POOL-TO-BEDTIME ROUTINE

STEP 1- LAST SWIM

- ✓ 5-minute warning before leaving the pool area
- ✓ kids swim, you gather towels and shower bag

QUICK POOL SHOWER

- ✓ Rinse chlorine or sand off
- ✓ Shampoo and condition hair
- ✓ Detangle hair
- ✓ Dry off



CHANGE INTO CLEAN CLOTHES

- ✓ pajamas or comfy clothes
- ✓ swimshuits in wet / "Change Me" bag

CALM RIDE HOME

- ✓ turn the car on and crank the AC
- ✓ Buckle kids in
- ✓ Load up the trunk
- ✓ Kids fall asleep (manifest it!)

EASY BEDTIME

- ✓ Carry sleeping kids inside to be
- ✓ Unload the car
- ✓ Unpack the coolers / load dishwasher
- ✓ Put wet towels out to dry / in washing machine
- ✓ Pour yourself a cup of tea



THIS SIMPLE SYSTEM CHANGED OUR SUMMER ROUTINES. MORE SIMPLE MOM SYSTEMS AT SPRUCEPRINTS.BLOG