**Retaining 101-** *Suggested items to carry with you*

**Overall Knowledge:**

Know your charges:

Food Allergies

General Allergies

Whims, Quirks, and Phobias

Likes and Dislikes

What is their boiling point and how to diffuse it?

Know when to back off

**Trouble shooting items:**

Things in your bag or basket

The list of things happening that day!

Watch

Thank you notes

Notebook with Pens/Pencils

Gifts Received Sheets

Painkillers (both- acetaminophen (Tylenol) and nonsteroidal anti-inflammatory drugs (NSAIDs) Aspirin, naproxen (Aleve), and ibuprofen (Advil, Motrin).

Antacid

Special Medication for your charge(s)

Small sewing Kit

Baggie with safety pins

Kleenex or handkerchief

Hard candy or mints

Breath freshener

Lip balm (inexpensive to be replaced)

Small snack (Individually wrapped crackers, raisins or chocolate)- check your charges allergies

Goblet and Water (or know where to obtain such)

Fan

Wet Ones individually wrapped.

Small garbage bag.

Outdoor event good ideas

Sunscreen

Sun umbrella

Rain umbrella (rain poncho where applicable)

Compiled by Baroness Catriona nicHugh Mclaey