

BDSM Safety Kit Checklist

Use this checklist to prepare your own BDSM safety kit.
Customize it based on your play style and needs.

Packed	Item
	Safe word or nonverbal signal
	Safety scissors or rescue blade
	Disposable gloves (non-latex preferred)
	Cell phone or other way to call for help
	First aid kit (bandages, antiseptic wipes, pain relievers)
	Emergency contact numbers for local hospitals or urgent care
	Flashlight
	Whistle
	Bottled water
	Quick sugar (Starbursts, Skittles, etc.)
	Blanket for aftercare
	Notebook and pen