

Baseball Mom Survival Kit

Your game day go-to. Created by a real mom who's in the bleachers, in the hotel rooms, and in the snackle box trenches.

BASEBALL MOM SURVIVAL KIT



GAME DAY CHECKLIST



SNACKLE BOX IDEAS



HOTEL HACKS



BONUS ENCOURAGEMENT CARDS

**YOU'VE
GOT
THIS**

Tournament Packing Checklist

- Uniform (jersey, pants, belt, socks, cleats, cup)
- Bat, glove, helmet, bag, water bottle
- Sunscreen, bug spray, hand sanitizer
- Folding chair, umbrella, blanket
- Portable fan / cooling towel
- Snacks (for both mom and kid)

Mom Brain Dump Zone: Write down the things you forgot, your genius ideas, or your emotionally petty reactions to today's game.

Snackle Box 101

High-Protein Box: Jerky, string cheese, trail mix, hard-boiled eggs

Kid Bribe Box: Fruit snacks, crackers, mini cookies, Sour Patch Kids

We're Here All Day Box: Mini sandwiches, cubed cheese, grapes, pretzels, hummus

Bonus: Encouragement Cards

You've got this — swing hard and smile harder.

Win or lose, I'm proud of how you show up.

Remember: hustle, heart, and hydration.

Game face on, but snacks first.

You're braver than any curveball.

Bonus: Hotel Hacks

Pop-up laundry hamper to keep uniforms contained

Mini cereal bar + bowls = no morning chaos

Easy microwave meals: mac & cheese cups, rice bowls

Entertainment bin: Uno, coloring books, tablet

Movie night hack: HDMI cable + hotel TV

Sponge + dish soap baggie = clean ice bucket

P.S. Want More?

This free kit saved me so many headaches... but I'm already working on a Deluxe Version with editable checklists, a full weekend planner, bonus encouragement cards, and a few mom-only secrets.

Want early access? Follow me on TikTok or DM me 'deluxe'.