

First Time Cup User Shopping List

A helpful list of MUST, SUGGESTED, and NICE TO HAVE items for new menstrual cup users just getting started.



Must Have

A Menstrual Cup

To wear up to 12 hours a day. Try the Period Nirvana Quiz for help finding the right cup for your body and lifestyle. www.periodnirvana.com

Suggested

Cup Safe Soap
To wash your cup twice a day with or after you empty each time.

On the Go Wipes/Spray
To wipe your cup and hands clean when emptying in public stalls.

Leakproof Underwear
To protect your clothes while learning to use your new cup.

Whisk
To sanitize your cup with boiling water without scorching it.

Nice to Haves

Saalt Cup + Disc Steamer
Cut your boiling time in half or more.

Period Nirvana Spot
To place your cup on top to dry.

Water-based Lube
To make insertion easier.

Spare Cup
To have "just in case"

Saalt Travel Kit
To make using cups easier on trips.

Most of these items are HSA/FSA ELIGIBLE and available at www.period.shop