

BONUS #2

THE EMERGENCY LEAK CONFIDENCE KIT



A discreet plan for handling
unexpected leaks when you're
away from home—without panic.



PREPARED.
CALM.
CONFIDENT.



THE LEAK SWITCH™
P.A.C.E.™ SYSTEM

THE EMERGENCY LEAK CONFIDENCE KIT



FIRST: DON'T PANIC

If you experience an unexpected leak, your first reaction may be embarrassment.
You may immediately think:

“Everyone must have noticed.”

Pause.

Take a breath.

One unexpected leak does not define you.

Your job is simply to handle the situation calmly and move forward.

THE 60-SECOND RESET

When a leak happens:

1. PAUSE

Take a slow breath.

Don't rush into panic.

2. ASSESS

Ask yourself:

How much leakage occurred?

Do I need to change clothing?

Where is the nearest private space?

3. MOVE PRIVATELY

If possible, calmly make your way to a bathroom or private area.

4. CLEAN UP

Use whatever supplies you have available.

5. RESET

Once you've dealt with the immediate situation, continue your day where practical.

Your reminder:

A leak happened.

You handled it.

Now keep going.

YOUR DISCREET BAG CHECKLIST

Consider keeping a small personal kit in your handbag, work bag or travel bag.

- ☐ Spare underwear
- ☐ Small pack of tissues
- ☐ Personal hygiene wipes
- ☐ A small sealable bag for used clothing
- ☐ Any continence product you personally use
- ☐ A small change of clothing if appropriate
- ☐ Hand sanitizer
- ☐ Any personal medication or supplies you normally carry

You don't need to carry everything.

Choose what makes **you** feel prepared.

THE “JUST IN CASE” PLAN

Before a long outing, ask:

WHERE?

Where can I access a bathroom if I need one?

WHAT?

What supplies would make me feel prepared?

WHO?

Is there someone I trust who could help if necessary?

WHAT NEXT?

If I experience leakage, what is my calmest next step?

Planning is different from panicking.

Preparation gives you options.

WHEN YOU’RE AT WORK

If you’re worried about leakage at work:

Keep your emergency kit discreet.

A small pouch can be easier than carrying loose items.

Know your options.

Know where nearby bathrooms or private spaces are.

Don’t let embarrassment make decisions for you.

If you need to step away, you can simply say:

“I’ll be back shortly.”

You don’t owe everyone an explanation.

WHEN YOU’RE OUT WITH FRIENDS

You don’t have to announce your bladder symptoms.

You can quietly excuse yourself when needed.

And if an accident happens?

Remember:

You are still the same person.

One uncomfortable moment doesn’t cancel the rest of your evening.

WHEN YOU’RE TRAVELLING

Before leaving:

- ☐ Pack your personal supplies.
- ☐ Consider your route.
- ☐ Know your bathroom options where practical.
- ☐ Wear clothing you feel comfortable in.
- ☐ Keep your emergency kit accessible.
- ☐ Avoid turning the entire journey into a search for bathrooms.

Your goal:

Prepared—not frightened.

YOUR PERSONAL EMERGENCY PLAN

My discreet kit will contain:

2.

The place I usually keep it:

If I experience a leak, my first step will be:

My reminder:

“I can handle an uncomfortable moment without letting it ruin my day.”

IMPORTANT

This kit is designed for practical preparedness.

It is **not** a substitute for medical assessment.

If leakage is persistent, worsening, significantly affecting your life, or accompanied by concerning symptoms, speak with a qualified healthcare professional.

You deserve support—not shame.