

What's in your handbag?

Women and handbags go hand in hand. Have you ever spotted a woman without one? Perhaps not. We women carry tonnes of things in our handbags on any given day. A lot of times, we do not even know what we are carrying on us. Therefore, one Tuesday morning, I wanted to find out what I carried in my handbag.

I opened it, and the first thing I pulled out of it was a makeup bag. And I am sure I am not the only one to carry a makeup bag. Most women carry some basic makeup items, even if it's just a compact powder, a lipstick, or an eyeliner. I personally thought I was carrying too many lipsticks, as there were five tubes in total.

Besides lip colours, I had a compact powder, a compact cosmetic mirror, a lip

liner, an eyeliner, a travel-size perfume, blush stick, vitamin E moisturiser stick, and a mini hairbrush. I think it's a good idea to keep your makeup items in a cosmetic bag instead of just throwing them in your handbag. I used to do this before, and it drove me crazy just to find an eyeliner in my cluttered purse.

Inside my handbag, there were a pair of sunglasses, as I never leave home without them. And neither should you, because it's important that we protect our eyes against the sun's harmful UV rays.

There was also my pink wallet, a magenta pen (no harm in going a little colourful), my car and house keys, chewing gum, dental floss, travel pack facial tissues, a scrunchie, hand sanitiser, and a sanitary

pad. And of course, I keep my cell phone in my handbag too.

In case you are wondering whether I always carry dental floss with me or not, the answer is yes. The idea of going around with food stuck between my teeth is nothing short of a nightmare! And as a woman, I think that carrying a sanitary pad or a tampon is important, too. It's actually nice to carry two spare pads so you can help out another woman in an unexpected situation.

My handbag had a lot of things, but it was not overly cluttered. It's just that lugging so much around puts a strain on my shoulders. But I realised later on that there could be some light, but useful items in my handbag. For instance, a

power bank, some bandages, and pain medications in case of an emergency. Women are women — we like to keep ourselves prepared for common emergencies!

When I travel on foot or public transport, I also carry a reusable bottle of water and some snacks with me — some nuts, dried fruits or a cereal bar. However, when I drive myself from one place to another, I often keep the water bottle and the snacks in my car. Carrying a water bottle is a great way to keep yourself healthy and hydrated throughout the day, but do not forget to use a reusable one.

So, what's in your handbag?

By Wara Karim



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