

WEDDING NIGHT CHECKLIST

Hello!

Congratulations on your upcoming marriage! This is an amazing time for you and your fiancé. You are busy not only getting ready for the wedding, but preparing for a life together. In that preparation, one of the things that is probably on your mind is your wedding night, your honeymoon, and what a sexual relationship is going to be like.

If you are like many young adults, sex might not have been a topic that was addressed much in your home. You don't know or understand what a good and healthy sexual relationship looks like or how to have one. This is pretty normal. You and your fiancé may have gotten advice from parents, siblings, or friends that you'll just figure it out as you go. You or your fiancé may have looked to media or pornography for what things are supposed to look like (which media and pornography are not a good education.) But most likely you still have a lot of unknown ahead, which can be exciting but also kind of scary.

As a Christian (Latter-Day Saint) marriage and sex coach, I coach women on their sexuality and their sexual relationship. In my practice, I've seen a lot of problems that come from a bad sexual relationship. Most of them are preventable with a little bit of education. That is why I created an amazing [video course](#) for engaged couples. This course teaches engaged couples everything they need to know about sex and what a healthy sexual relationship can look like.

It is important that you and your fiancé have specific conversations about not only what things are going to look like in your marriage, but also in your sexual relationship. What are your expectations for your wedding night and beyond? Many of these crucial conversations don't happen and both parties are left frustrated and disappointed in their sexual experience. But with the right tools, you can be educated and create a great sexual relationship for your entire marriage.

To get you started, I have included a wedding night checklist. On it you will find some essential items that will make your experience together better. There are also some items on there (like the Yes, No, Maybe List and the Conversation Starters) that you will find specifically in my [online course](#). I invite you take my course about one month prior to your wedding, so that you can learn everything you need to before the big day.

Once again, congratulations! I am so excited for you to embark on this amazing time in your life.

xo, *Amanda*

WEDDING NIGHT CHECKLIST

HER

- Lingerie
- Cute Comfy Underwear
- Comfortable lounging clothes
- Hair Ties
- Feminine Supplies
- Ibuprofen
- UTI Medication
- Vibrator

HIM

- Non-toxic Lube
- Condoms (variety)
- Nail Clippers
- Comfortable lounging clothes
- Boxers/Boxer Briefs

GENERAL ITEMS

- Wet Wipes
- Dark Towel
- Snacks/Treats
- Water
- Yes/No/Maybe List
- Sexy playlist/speaker
- Lip Balm
- Card Games
- Breath Mints
- Bubble bath/bath bombs
- Conversation Starters
- Patriarchal Blessings