What should I bring?

Follow the host's instructions first. Check only what applies.

- [ ] **The host named an exact item or job.**
  Bring or do that. If you cannot manage it, agree on a change first. For food or drinks, settle the details below.

- [ ] **The host said “bring nothing.”**
  Respect it. Arrive as invited and say thank you. No gift or help is owed. You can stop here.

- [ ] **The invitation leaves it open.**
  Ask before choosing. Offer only what you can manage:
  “I can bring a ready-to-serve side or help clean up. Would either be useful?”
  Wait for an answer before treating either option as agreed.

- [ ] **A food or drink contribution is confirmed.**
  Agree on the amount, arrival time, and kitchen, fridge and serving needs. Follow the actual recipe or package guidance for transport and storage.
  “Will there be stove or oven space,
  or should I bring something that needs neither?”

- [ ] **You need a no-purchase option.**
  Offer one manageable job only if wanted, or simply attend as invited. If you already promised something, agree on a change first.

The agreed plan

Item or job _____ Amount _____

Arrival _____ Serving pieces _____

This is a planning aid, not a food-safety or allergy guide. It does not establish whether a food is suitable for anyone.