

Gym bag checklist



Clothes you train in

- ◯ Training top
- ◯ Shorts or leggings
- ◯ Sports bra
- ◯ Training socks
- ◯ Training shoes
- ◯ Light zip-up jacket

Gear for the session

- ◯ Headphones
- ◯ Phone
- ◯ Padlock
- ◯ Membership card or app
- ◯ Lifting gloves
- ◯ Wrist straps
- ◯ Resistance band
- ◯ Jump rope
- ◯ Small sweat towel

Water and food

- ◯ Water bottle
- ◯ Shaker bottle
- ◯ Protein powder
- ◯ Electrolyte tablets
- ◯ Banana
- ◯ Protein bar
- ◯ Mixed nuts

Shower and locker room

- ◯ Bath towel
- ◯ Flip flops
- ◯ Body wash
- ◯ Shampoo
- ◯ Deodorant
- ◯ Hairbrush or comb
- ◯ Hair ties

Clean clothes to leave in

- ◯ Clean underwear
- ◯ Clean socks
- ◯ Clean shirt
- ◯ Pants or jeans
- ◯ Wet kit dry bag

Pool and class days

- ◯ Swimsuit
- ◯ Swim goggles
- ◯ Swim cap
- ◯ Second towel
- ◯ Ear plugs
- ◯ Mouthguard
- ◯ Yoga mat
- ◯ Grip socks

Small things that save a session

- ◯ Blister adhesive bandages
- ◯ Lip balm
- ◯ Tissues
- ◯ Phone charger
- ◯ Cash or card
- ◯ Plastic bag for shoes
- ◯ Spare contact lenses

Listonic

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