The Pro Tips Baseball Checklist



EQUIPMENT

- [ ] Baseball Bat (Youth, Big Barrel, Senior League or BBCOR)
- [ ] Leather or Synthetic Baseball Glove
- [ ] Batting Helmet
- [ ] Protective Gear: Fielder's Guards, Chest, Wrist or Leg Guards, Athletic Cups & Supporters, Mouthguard
- [ ] Baseballs
- [ ] Baseball Bucket
- [ ] Batting Gloves
- [ ] Catcher's Gear, if Applicable: Helmet & Mitt, Chest Protector, Leg guards & Other Protective items

APPAREL

- [ ] Cleats
- [ ] Practice Shirts
- [ ] Baseball Pants
- [ ] Baseball Sliders or compression Shorts
- [ ] Baselayers, Compression or Non-compression
- [ ] Baseball Belt
- [ ] On-Field Heart Protection Shirts
- [ ] Baseball Bag or Duffel
- [ ] Compression Arm or Leg Sleeves
- [ ] Ball Cap

TRAINING AIDS

- [ ] Baseball Rebound Net
- [ ] Practice Balls
- [ ] Training Balls
- [ ] Swing trainers

- [ ] Pitching Machines

ACCESSORIES

- [ ] Water Bottle
- [ ] Sports Drink
- [ ] Sunglasses
- [ ] Sunscreen
- [ ] Athletic Tape
- [ ] Eye Black
- [ ] Replacement Laces

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