Rugby Bag Must-Haves

Sports such as rugby, require responsibility, discipline and forward thinking. However; it doesn't just apply to the field, it means being "rugby-ready" for practices, matches and games away. While parents help their son's pack their sports kit for school when they are younger, there comes a time when they must do it themselves.



Essentials

- [ ] 1. A sports bag with a shoulder strap and separate compartments to ensure his dirty boots don't make everything else soiled.
- [ ] 2. A lock to use on a locker or bag.
- [ ] 3. Rugby ball – it goes without saying that every player needs one of these.
- [ ] 4. Mouth Guard – keep his toothy white smile intact!
- [ ] 5. Headgear – protect his head and prevent the dreaded cauliflower ear (for older players).
- [ ] 6. Kit – the shirt, shorts and socks provided by the team or his own.
- [ ] 7. Undershorts or tights – prevent uncomfortable chafing.
- [ ] 8. A good quality water bottle – keep him hydrated!
- [ ] 9. Spare clothes for after the match.
- [ ] 10. Kicking tee to ensure he always uses the tee that is best for his performance
- [ ] 11. Two fresh towels – one for after the game and one for a shower.
- [ ] 12. Deodorant
- [ ] 13. Sun protection to keep his skin healthy.

Useful Extras

- [ ] Extra studs (for those who use screw-studs) in case he loses a few.
- [ ] Protection vests – absorbs some of the impact and prevents abrasions (optional).
- [ ] Shin pads – to ensure those accidental kicks don't set him back (optional).
- [ ] A hoodie will ensure that he doesn't feel the cold in winter or the rain, and will keep his muscles warm for the game.
- [ ] A first aid kit including disinfectant, cotton wool and plenty of plasters.
- [ ] A ball pump to ensure he can always practice with his team and on his own.
- [ ] Pack some shower shoes, particularly if he is travelling, to ensure he doesn't catch unwanted germs.
- [ ] Bag and deodorisers can help keep the smell contained without making the whole change room dizzy when opening up his bag.
- [ ] Laundry bags are great for keeping dirty clothes separate from his clean change of clothes to avoid contamination.

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