Soccer Bag Checklist for Teens

My daughter, Chloe, isn't a little girl running around on the soccer field anymore. She is a teenager who is super serious about playing soccer and maybe even a little obsessed with it. In the last 10 months she has played on 3 different teams and is becoming incredibly self-sufficient when it comes to her soccer bag and whatever's inside it.



- [ ] Essential gear—includes all the obvious things like shin guards, goalie gear, cleats, socks, etc.
- [ ] Soccer Ball
- [ ] Mouth guards
- [ ] Hair ties and headbands to keep hair out of the way
- [ ] Hairbrush
- [ ] Small first aid kit—include bandaids, antibiotic ointment, disinfectant wipes, ibuprofen/Tylenol, an instant cold pack, and a few large bandages for bigger scrapes
- [ ] Sunscreen/lip balm
- [ ] Bug spray
- [ ] Plastic bag for wet uniforms and stinky socks
- [ ] Warm-up pants
- [ ] Long-sleeved sports shirts and sports leggings for cold weather games
- [ ] Beanie or winter headband
- [ ] Soccer sandals or other slip on shoes for after the game
- [ ] Phone—especially important when parents can't attend the game
- [ ] Snacks—healthy, high protein snacks and fruit are best

- [ ] Water bottle
- [ ] Sports drink

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