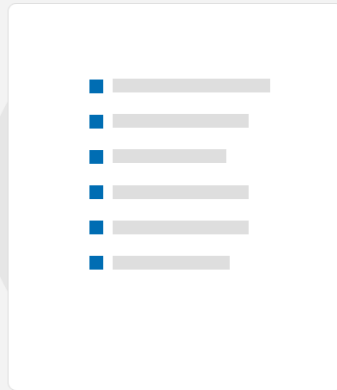


Soccer Bag Checklist for Teens

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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