

Gym Bag Essentials Checklist

You want to lift weights at the gym, not on your way to the gym. A well-edited gym bag will lighten your load and still let you pamper yourself or prep for a post-exercise outing. Look for a water-resistant bag that's compact enough to fit in a standard locker but roomy enough to hold the extras.



Gym Clothes

- ☐ Shorts or Lycra pants
- ☐ T-shirt
- ☐ Socks
- ☐ Sports bra
- ☐ Sneakers

Workout-Specific Gear

- ☐ Swim cap, goggles, and bathing suit
- ☐ Weight-lifting gloves
- ☐ Yoga mat

Toiletries

- ☐ Small bottles of shampoo, conditioner, and body wash
- ☐ All-in-one facial wipes
- ☐ Travel-size toothpaste and toothbrush with plastic cap

- ☐ Deodorant
- ☐ Travel-size hairbrush or comb
- ☐ Hair elastics
- ☐ Plastic bag filled with just-in-case items, such as tampons, blister pads, bandages, pain reliever, a razor

Extras

- ☐ Water bottle
- ☐ MP3 player
- ☐ Flip-flops
- ☐ Compact microfiber towel
- ☐ Plastic bag for your wet bathing suit or workout clothes

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