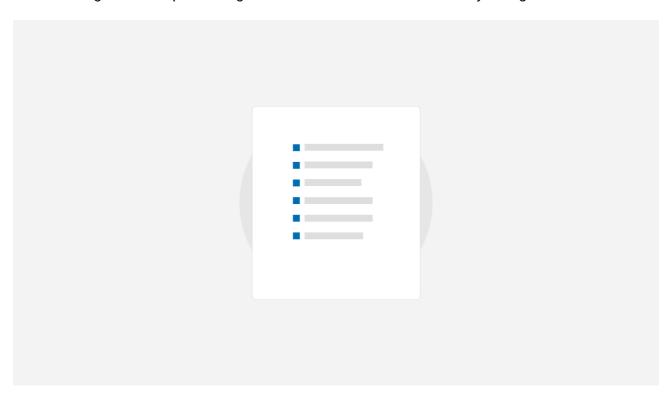
Gym Bag Essentials Checklist

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 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	Make and Share Free Checklists checkli.com