

# 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