



# **GYM BAG CHECK LIST**

## **Clothes:**

- Shirt
- Jacket
- Pants/Shorts
- Sports Bra
- Socks
- Shoes
- Bra
- Underwear

## **Gadgets/Extras:**

- Water Bottle
- Headphones
- Arm band
- Headband
- Hat
- Workout gloves
- Lock

## **Hygiene:**

- Towel
- Wash Cloth
- Body Wash
- Shampoo /Conditioner
- Deodorant

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- Tampon/Pads
  - Panty Liners
  - Feminine Wipes