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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