

Gym Bag Checklist

By Checklist.com

☐ Gym Bag Essentials

Items you are likely to need. Use what you already own before buying anything.

☐ Choose a practical gym bag

Check the locker size and your usual commute. A washable bag with a pocket for keys may be enough; a bigger bag isn't automatically better.

☐ Get a refillable water bottle

Choose one that doesn't leak when carried sideways and fits in your bag or the gym's bottle holder.

☐ Choose suitable training shoes

Pick shoes that fit your planned activity and your feet. You may need different support for running than for heavy lifting.

☐ Get comfortable exercise clothes

Start with an outfit you can move in. Consider fabric, fit and how often you do laundry before buying extras.

☐ Get a workout towel if required

Ask about towel rules and whether the gym provides them before purchasing.

☐ Keep an access and essentials pouch

Use an existing inner pocket or small pouch for your membership access, phone, keys and locker key.

☐ Changing & Shower Kit (If Needed)

Skip this section if you go home to shower and change.

☐ Prepare a change of clothes

Useful if you shower or go directly to work. Include spare socks and underwear.

☐ Get compact toiletries

Only choose the items you use—such as soap, deodorant or shampoo—and pack liquids securely.

☐ Get shower sandals

Optional for shared showers. Check whether you actually plan to shower at the facility.

☐ Get a wet-clothes bag

A washable pouch keeps sweaty clothes or towels apart from dry gear.

☐ Keep a compact grooming kit

Bring a comb, hair ties or other personal items only if you'll use them after training.

☐ Optional Training Accessories

Extras to consider after you know what you will actually use.

☐ Consider a personal exercise mat

Buy a mat only if your gym allows one and the provided mats don't suit your routine.

☐ Consider resistance bands

Useful for some warm-ups and mobility sessions; check whether the facility already has suitable bands.

☐ Consider lifting gloves, straps or a belt

Wait until you know which lifts you do and whether these accessories help.

☐ Consider a workout log or notebook

You can record exercises and progress on paper or in the [Gym Workout App](/gym-workout-app).

☐ Consider headphones

Use a pair you already own if you want music or a guided workout.

☐ Check Your Gym Before Buying

A few questions at reception can save unnecessary purchases.

☐ Find out whether you need a padlock

Ask whether lockers have built-in locks, digital access or a bring-your-own-lock requirement.

☐ Confirm membership card or gym app access

Find out whether you need a physical card, QR code, app or other method of entry. Activate it before the first visit.

- ☐ **Check if towels and toiletries are provided**
Confirm what is included with membership and avoid doubling up.
- ☐ **Confirm locker and bag-size restrictions**
A locker that's smaller than your bag defeats the point. Check size before buying.
- ☐ **Check any restrictions on personal gym equipment**
Ask whether mats, lifting chalk, resistance bands and similar items are allowed.
- ☐ **Set an essentials-first budget**
Cover the basic kit before paying for accessories you may only use occasionally.