Gym bag checklist

Pack for the session and the facilities you use.

Gym / session

Date

Locker requirements

What I can leave at home

Access and basics

- [ ] Membership card or access code
- [ ] Phone and any required booking confirmation
- [ ] Clothes and footwear permitted by the gym
- [ ] Water bottle
- [ ] Small towel if required
- [ ] Locker lock or coin, if needed

For this session

- [ ] Your workout plan or log
- [ ] Only the training accessories you actually use
- [ ] Headphones, if wanted
- [ ] A pen for a paper log

Before leaving

- [ ] Shower items and a change of clothes, if needed
- [ ] Travel or parking details
- [ ] Check the gym's bag, footwear and filming rules
- [ ] Remove items you did not need last time

My additions

Check your gym's own rules. Facilities and required items differ.

Use the spare lines for your own reminders; the checklist is not a shopping list.