

Gym Checklist

Everything to pack and every step of a smart gym session, in one checklist.

Gym Bag Essentials

- Pack comfortable workout clothes suited to the weather
- Bring supportive athletic shoes for training
- Fill a reusable water bottle before you leave
- Add a small towel to wipe sweat and equipment
- Grab headphones and your phone or music device
- Include a padlock if your gym has lockers
Check whether your gym provides locks or you need your own.

Before You Go

- Eat a light snack or meal 1 to 2 hours before if needed
- Plan which workout you will do today
- Check off your packing list so nothing is forgotten
- Bring a change of clothes and toiletries if you will shower
- Set a rough time limit so the session stays focused

Warm Up

- Do 5 to 10 minutes of light cardio to raise your heart rate
- Perform dynamic stretches and mobility drills
- Do a few warmup sets with lighter weights before heavy lifts
This primes your muscles and lowers injury risk.
- Move through the full range of motion to loosen joints

Your Workout

- Follow your planned exercises for the day
- Focus on good form before adding weight
- Rest appropriately between sets
- Stay hydrated throughout your session
- Stop and reassess if you feel sharp pain or dizziness

Gym Etiquette and Hygiene

- Wipe down equipment and benches after you use them
- Re-rack weights and return equipment to its place
- Share machines and let others work in during your rests
- Keep your bag out of walkways and aisles
- Use a towel on shared surfaces and respect personal space

Cool Down and After

- Do 5 minutes of light movement to lower your heart rate
- Stretch the muscles you trained
- Refill your water bottle and rehydrate
- Wipe down and pack your gear before you leave

- Log your workout so you can progress next time
- Important: This is general information, not medical advice. Consult your doctor before starting a new gym program, especially with a health condition, injury, or pregnancy.