

Pickleball Bag and Outfit Checklist

Pack the night before. Tick the core list every time, then the column for today's conditions.

Date: _____ Court: _____ Temp: _____

EVERY SESSION

- | | |
|---|---|
| ☐ Court shoes, non-marking soles | ☐ Light layer for between games |
| ☐ Paddle (grip not slick) | ☐ Overgrip or edge tape spare |
| ☐ Two spare balls (right type) | ☐ Snack for sessions over 2 hrs |
| ☐ Bottom with a real ball pocket | ☐ Nothing in the ball's color (events) |
| ☐ Wicking socks | ☐ Hair tie or headband |
| ☐ Water bottle, 24 to 32 oz | ☐ Bandages for blisters |
| ☐ Small towel | ☐ Wet wipes for shoe soles |
| ☐ Phone, keys, ID | ☐ Bag with fence hook |

SUMMER OUTDOOR

85 F and up

- ☐ Loose light-colored top
- ☐ Lined shorts or skort
- ☐ Visor or wide-brim hat
- ☐ Sunglasses
- ☐ SPF 30+ broad spectrum
- ☐ Water-resistant formula
- ☐ Reapply between sets
- ☐ Cooling towel
- ☐ Extra ice in bottle
- ☐ Spare dry socks

WINTER OUTDOOR

Below 50 F

- ☐ Long-sleeve base layer
- ☐ Quarter-zip or softshell
- ☐ Lined leggings or joggers
- ☐ Tapered ankle, no wide legs
- ☐ Beanie
- ☐ Thin touchscreen gloves
- ☐ Outdoor balls, 2 extras
- ☐ Warm drink in a flask
- ☐ Dry layer for the drive
- ☐ SPF still on the face

INDOOR GYM

Year round

- ☐ Non-marking soles checked
- ☐ Indoor balls (bigger holes)
- ☐ Thin wicking tee or tank
- ☐ Shorts or skort
- ☐ Light hoodie, gyms run cool
- ☐ Damp towel for soles
- ☐ Facility rules read
- ☐ Court time booked
- ☐ Indoor-only shoes if asked
- ☐ Water refill spot found

Notes (what to add or leave home next time)

What to Wear by Temperature

Outdoor guide. If it is gusty, dress for the next band down. Fill in your own go-to pieces.

85 F and up

Sleeveless or mesh top, lined shorts or skort, visor, sunglasses. Play early or late.

My pieces: _____

65 to 85 F

Short sleeves, shorts, skort or bike shorts, cap or visor. The easy zone.

My pieces: _____

50 to 65 F

Long-sleeve tee or light quarter-zip over short sleeves; leggings you can shed.

My pieces: _____

Below 50 F

Base layer, fleece or softshell, lined bottoms, beanie, thin gloves. Below 40 with wind, go indoors.

My pieces: _____

SESSION LOG

Date	Indoor / out	Temp	What I wore	Too hot / cold / right