

Tennis Bag Checklist

Pack it the night before. Tick it off, then stick this page inside your bag.

GEAR

- ☐ Racquet (plus a backup if you play matches)
- ☐ A fresh can of balls
- ☐ Spare overgrip
- ☐ Vibration dampener (if you use one)
- ☐ Small towel
- ☐ Ball clip or pocket space for a second serve ball

SUN AND WATER

- ☐ SPF 30+ broad spectrum, water-resistant sunscreen
- ☐ Reapply at a changeover (water resistance lasts 40 or 80 min)
- ☐ At least 1 liter of water, more above 80 F
- ☐ Electrolyte drink for long or hot matches
- ☐ Snack for between sets

WHAT TO WEAR

- ☐ Court shoes that match the surface
- ☐ Socks (white for clubs) plus a spare pair
- ☐ Skirt with built-in shorts, or shorts with deep pockets
- ☐ Technical top (no heavy cotton)
- ☐ Visor or cap, and sunglasses
- ☐ Light layer or quarter-zip for after

SMALL STUFF

- ☐ Bandages and blister pads
- ☐ Hair ties or headband, wristbands
- ☐ Phone, keys, court booking or guest pass
- ☐ Cash or card for guest fees
- ☐ Bag for sweaty clothes

BEFORE YOU WALK ON COURT

- ☐ Court booked and time confirmed
- ☐ Shoes changed at the court, not worn on the drive (keeps soles clean)
- ☐ Too hot? Move play to early morning or evening
- ☐ Heavy sweating, weakness or cold, clammy skin: stop, cool down, sip water
- ☐ Hot, dry skin and a rapid, strong pulse can mean heat stroke: call 911

Court / club: _____ Partner(s): _____

Club Dress Code + Court Shoe Guide

Ask your host or check the club website before your first visit as a guest.

Club name: _____ Host / contact: _____

DRESS CODE CHECK LIST

- ☐ **Color rule** All white / Mostly white, trim OK / Any color
- ☐ **Warm-up jackets and caps** Must follow color rule / Anything goes
- ☐ **Shirts** Collar required for men / Tanks or racerbacks allowed
- ☐ **Bottoms** Tennis skirts or shorts only / Leggings OK / Gym shorts OK
- ☐ **Shoes** Non-marking soles / Clay soles required on clay
- ☐ **Clubhouse** Cover-up rule for dining room or lounge

Guest fee and other notes: _____

Safe default if you cannot find out: white top, white or navy bottoms with ball storage, white socks, clean court shoes.

COURT SHOE GUIDE

Surface	Sole to look for	Avoid
Hard court	Tough rubber outsole, reinforced toe, firm lateral support	Running shoes, black marking soles
Clay	Full herringbone (zigzag) tread that grips and releases	Lugged or trail soles
Grass	Rubber soles with no heels or studs (ask the club)	Any spiked or studded sole
All-court	Compromise tread for casual play on both	Worn-smooth soles

SHOE LOG

- ☐ Fit check: about a thumb width of space at the toe
- ☐ Replace when the tread under the ball of your foot goes smooth (often every 4 to 6 months at twice a week on hard courts)

Current pair bought on: _____ Surface: _____

Check tread again on: _____ Next pair budget (\$70 to \$160): _____