

Yoga Outfit Planner and Class Bag Checklist

What to wear for each class type, what to pack and how to prep for your first class.

WHAT TO WEAR BY CLASS TYPE

Class	Bottoms	Top	Extras
Vinyasa / flow	Fitted full or 7/8 leggings	Fitted tank or longline bra	Barefoot, low hair tie
Hot yoga (90 to 105 F)	Bike shorts or capris, no cotton	Wicking crop or sports bra	Mat towel, 24 to 32 oz water
Yin / restorative	Relaxed joggers are fine	Long sleeves, a warm layer	Socks for final rest
Aerial	Full-length leggings	Fitted tee covering armpits	No zips, rings or glitter
Outdoor / beach	Quick-dry shorts or leggings	Light long-sleeve sun top	Hat, sunscreen, water

Before you cut the tags: downward dog test, inversion test, squat test in bright light, waistband roll test.

CLASS BAG CHECKLIST

- ☐ Mat (or check the studio rents one)
- ☐ Water bottle (24 to 32 oz for hot yoga)
- ☐ Mat towel and small hand towel
- ☐ Dry top and underwear for after
- ☐ Hair ties
- ☐ Small pouch for jewelry
- ☐ Warm layer for savasana
- ☐ Plastic bag for wet clothes

LEAVE AT HOME

- ☐ Cotton tees for hot or fast classes
- ☐ Zippers, buttons and buckles
- ☐ Rings, bracelets, hoops, long necklaces
- ☐ Heavy perfume or cologne
- ☐ Thick clips and high buns
- ☐ Leggings that fail the squat test
- ☐ Shoes (most classes are barefoot)

FIRST CLASS CHECKLIST

- ☐ Book a beginner or intro class (unheated first)
- ☐ Read the studio dress and mat policy
- ☐ Eat lightly 1 to 2 hours before
- ☐ Hydrate during the day, especially before hot yoga
- ☐ Arrive 10 to 15 minutes early
- ☐ Tell the instructor about injuries or pregnancy
- ☐ Rest in child's pose whenever you need to
- ☐ Pregnant or a heart or breathing condition? Ask your doctor first

Studio: _____

First class date: _____

Class type: _____

Instructor: _____

My 4-Week Yoga Class Log

Log every class so you learn which outfits and styles actually work for you.

My goal for the next 4 weeks: _____

Date	Style	Studio	Outfit worn	How it felt (1 to 5)	Notes

CAPSULE YOGA WARDROBE: 10 PIECES

- ☐ 2 pairs of dark, squat-proof high-rise leggings
- ☐ 1 pair of bike shorts or capris for hot yoga
- ☐ 1 pair of relaxed joggers or wide-leg pants
- ☐ 2 sports bras or longline bras (medium support)
- ☐ 1 fitted tank or tee
- ☐ 1 long-sleeve fitted top (aerial, outdoor, modest)
- ☐ 1 warm zip-free layer for savasana
- ☐ 1 mat towel
- ☐ 1 pair of grip socks (optional, for cold floors)
- ☐ 1 tote or class bag with a wet pocket

Outfit that worked best this month: _____

What I want to replace or add: _____