

CHECKLIST OF ITEMS A PLAYER SHOULD HAVE AT BASEBALL EACH DAY

	GLOVE
	HAT
	HELMET
	BAT
	BATTING GLOVES
	CLEATS
	ATHLETIC SHOES
	ATHLETIC T-SHIRT
	ATHLETIC SHORTS
	BASEBALL PRACTICE PANTS
	BELT
	SWEATSHIRT/JACKET
	UNDER SLEEVES
	LONG BLACK SOCKS
	SPARE BASEBALL
	WATER/DRINK
	A SMALL TOWEL/RAG
	ROLL OF ATHLETIC TAPE
	ROLL OF ATHLETIC PRE-WRAP
	SMALL TUBE OF NEOSPORIN/ANTIBIOTIC GEL
	SUNSCREEN
	LIP BALM
	SMALL HAND SANITIZER
	MOSQUITO/BUG REPELLANT
	CONTACT LENS CLEANER (IF APPLICABLE)
	CATCHERS GEAR (IF APPLICABLE)

OPTIONAL ITEMS SOME PLAYERS HAVE AVAILABLE EACH DAY

	STRETCH TUBING
	SHADES/GLASSES OR EYE BLACK
	PAIN/HEADACHE MEDICINE (OPTIONAL AND IF PARENT APPROVED)
	HAND WARMERS
	PROTECTIVE CUP
	SLIDING UNDER SHORTS
	SPARE SHOE LACE
	HEAVY WARM-UP BALL (12 - 16 OUNCE)
	FOAM OR HANDHELD ROLLER
	LIGHT SNACK BAR (USUALLY SITS IN BAG JUST IN CASE)
	INDIVIDUAL WARM-UP/THERAPEUTIC EQUIPMENT



