

The Always-Packed *Sideline Bag Checklist*

The practical little things that make long game days easier.

SPORT / TEAM

GAME DAY

SEAT + COMFORT

- ☐ Folding chair or stadium seat
- ☐ Small blanket
- ☐ Sunglasses
- ☐ Portable fan or hand warmers
- ☐ Bug spray

WEATHER READY

- ☐ Sunscreen
- ☐ Hat or visor
- ☐ Rain poncho or compact umbrella
- ☐ Extra layer or light jacket
- ☐ Zip bags for wet items

ATHLETE RESCUE KIT

- ☐ Hair ties + headband
- ☐ Athletic tape + bandages
- ☐ Deodorant or body wipes
- ☐ Extra socks
- ☐ Period products

MOM FUEL

- ☐ Insulated water bottle
- ☐ Easy snacks
- ☐ Gum or mints
- ☐ Hand sanitizer
- ☐ Pain reliever

TECH + TIMING

- ☐ Portable charger + cord
- ☐ Game address saved
- ☐ Schedule or tournament app
- ☐ Cash or card
- ☐ Car keys in their usual spot

BEFORE YOU GO

- ☐ Uniform + shoes checked
- ☐ Water bottles filled
- ☐ Weather checked
- ☐ Leave-time alarm set
- ☐ Deep breath taken

SIDELINE REMINDER:

Your presence matters more than a perfectly packed bag.