









KIT BAG ESSENTIALS

KEEP THESE IN
YOUR MATCH
DAY/TRAINING BAG



Water	Essential for proper hydration. Have a bottle to hand – drink to thirst	
Sports drink	Replaces water, electrolytes, and energy before, during and after training or competition	 
Protein/recovery powder	Take post-training to ensure recovery and repair. Carbohydrates to replenish glycogen Protein to help rebuild muscle damage	
Gels	Great source of simple sugars, your body's preferred source of fuel during exercise. Ensure they contain different carbohydrate sources, such as glucose, maltodextrin and fructose.	 
Jelly babies/fruit	Alternative sources of simple sugars	 
Caffeine gels/shots	Use before or during exercise. To maintain focus and concentration and reduce tiredness and fatigue. Aim for 3-6mg/kg Trial before a training session or match	