

Instructions

Things You'll Need In Your Tennis Bag:

- Hats Or Visors
- Sports Sunglasses
- Tennis Shirts
- Tennis Shoes
- Tennis Shorts
- Tennis Socks
- Towels
- Fruit Snacks
- Adhesive Bandages
- Sunscreen
- Sports Drinks
- Tennis Balls
- Tennis Racquets
- Water Bottles
- T-shirts

Step 1

Invest in a good bag. A special tennis bag, which looks like a rectangular duffel bag, allows you to pack rackets and other equipment without the racket sticking out.

Step 2

Pack at least one extra, well-strung tennis racket.

Step 3

Include at least one new can of tennis balls.

Step 4

Remember to pack first-aid equipment, such as adhesive and elastic bandages and a dry-ice bag.

Step 5

Pack extra T-shirts and a towel.

Step 6

Include a water bottle, energy drink, sunglasses and sunscreen.

Step 7

Put in extra wristbands and a hat or other headgear.

Step 8

Include an extra pair of shoelaces, just in case.

Step 9

Consider including a pack of vitamins and some snacks.