

WHAT'S IN YOUR DUFFLE BAG?

Every GFI has essential items and tricks of the trade that they stow in their gym bags for every class they teach. In many cases, GFIs bring extra gear to ensure participants are comfortable, while also being prepared for unexpected situations that might arise. Below is a list of “must haves” from seasoned GFIs:

- First-aid kit: critical for outdoor classes
- Extra batteries for microphone
- Sports drink: in case someone experiences low blood sugar or dehydration
- Extra bottle of water
- Hair ties, bobby pins, and safety pins
- Headbands: to hold loose headsets in place
- Extra CDs and a back-up portable electronic device in case an iPod is not working
- A/V cords to connect portable devices (e.g., HDMI, auxiliary cable, and charger)
- Windscreens
- Mints
- Snacks (e.g., protein bar and nuts)
- Towels (one small hand towel and one larger bath towel)
- Dry change of clothes, including an extra pair of socks
- Deodorant
- Wet wipes and/or hand sanitizer
- Essential oils or light aromatherapy mist