



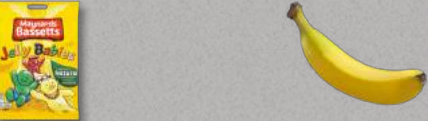


# KIT BAG ESSENTIALS

KEEP THESE IN  
YOUR MATCH  
DAY/TRAINING BAG



<b>Water</b>	Essential for proper hydration. Have a bottle to hand – drink to thirst	
<b>Sports drink</b>	Replaces water, electrolytes, and energy before, during and after training or competition	
<b>Protein/recovery powder</b>	Take post-training to ensure recovery and repair. Carbohydrates to replenish glycogen Protein to help rebuild muscle damage	
<b>Gels</b>	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.	
<b>Jelly babies/fruit</b>	Alternative sources of simple sugars	
<b>Caffeine gels/shots</b>	Use before or during exercise. To maintain focus and concentration and reduce tiredness and fatigue. <b>Aim for 3-6mg/kg</b> <b>Trial before a training session or match</b>	