

# THE DOUBLEHEADER BAG

**What To Pack For A Baseball Tournament. Packed The Night Before, Every Time.**

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## The Job

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Game two is played on whatever was packed. A player who eats a hot dog between games plays a slow second game. This sheet is the bag, built for two games about an hour apart. Add one container and one shirt for every extra game.

## Drink

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- 1. Water:** about 20 ounces for every hour at the field. Two games an hour apart is about 100 ounces, four 32 ounce bottles. Freeze two halfway the night before.
- 2. Electrolyte servings:** one per game, one extra on a hot day. Zero sugar mixes from the hydration page.
- 3. Hot day, 85 F or more:** add a third more water and a cooling towel, wet before game two.

## Eat

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- 1. Two containers from Sunday** in a soft cooler with one ice pack: one for between games, one for after the last out.
- 2. If the gap is under an hour:** a peanut butter sandwich and a banana instead of the first container. Nothing that needs a fork.
- 3. Honey packets:** two per game, for the last two innings.
- 4. One shake,** mixed after the last out, or the powder and a shaker bottle.
- 5. A fork and a napkin.** The container nobody can open comes home full.

## Arm

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- 1. The bands.** Before and after every game, five minutes on the fence.
- 2. If the player might pitch:** five minutes of bands between games and the pitch count card. Warm up and bullpen pitches count.
- 3. If not:** a walk between games. Two hours in a car seat is how the second game starts stiff.

## Body

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- 1. One dry shirt and one pair of socks** per game.
- 2. Sunscreen,** on before game one, again between games.
- 3. A hat** that comes off between games, and shade if the park has any.
- 4. Hotel night after:** the sleep mask, and the phone charger that lives across the room.

## The Timeline

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| When                            | What                                                                                                                           |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| The night before                | Bag packed, bottles in the freezer, containers in the cooler in the fridge. Lights out 30 minutes earlier than a school night. |
| 4 hours before game one         | A full meal. Rice and a protein the player has eaten a hundred times.                                                          |
| 2.5 hours before                | The first 16 to 20 ounces of water. The bag has not left the house yet.                                                        |
| First 20 minutes after game one | The container, or the sandwich if the gap is short. Water. Bands if he threw.                                                  |

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|                                    |                                                           |
|------------------------------------|-----------------------------------------------------------|
| Last two innings of each game      | A honey packet.                                           |
| Within the hour after the last out | The shake or the second container. Not on the drive home. |

### The Rules. Non-Negotiable.

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- 1. Packed the night before. A bag packed at 7 am is missing something.
- 2. Nothing new on game day. The container from Sunday is the plan.
- 3. The concession stand is a treat after the last game, not the plan between games.
- 4. Water starts before the car does.
- 5. Dizziness, cramping or confusion at the end of a hot day is a conversation with an athletic trainer or a doctor, not a bottle of sports drink.

### The Bottom Line

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Water by the hour, a container per gap, honey for the late innings, bands for the arm. The bag builder that does the counting for any number of games is at [uncommittedu.com/recovery](http://uncommittedu.com/recovery).

[Uncommitted University | Complete Player Development](#) | Not medical advice. Water numbers use the NFHS schedule; a player's real number is his sweat rate, measured once on the hydration page.