THE DOUBLEHEADER BAG

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

The Job

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

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

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. **Long drive, or a school day before the game: a protein bar or an Uncrustable for the ride, and a container for lunch.**
6. **A fork and a napkin. The container nobody can open comes home full.**

Arm

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

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 phone charger that lives across the room, curtains shut, same lights out.**

The Timeline

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.
3 to 4 hours before game one	A full meal. Rice and a protein the player has eaten a hundred times. A small snack 60 to 90 minutes out.
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.
Last two innings of each game	A honey packet.
Within the hour after the last out	The shake or the second container. Long drive home: in the parking lot before the car moves.

The Rules. Non-Negotiable.

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

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.

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.