

Gear

Video Instruction | Article Instruction | Fitness | Sports Psy

The Bag Essentials

1. Bodyglide Anti-Blister and Chafing stick

The best way to handle blisters is to avoid them in the first place. Use Bodyglide, a non-greasy wax roll-on, for trouble spots on your hands or feet to prevent the friction and rubbing that causes blisters. \$6, bodyglide.com

2. 2nd Skin QuikStik

Cuts and scrapes are part of the territory in sports. These ultrathin, medical-grade adhesive dressings have hydrogel pads that help speed up the healing process. \$10, spenco.com

3. Lip Trip

With SPF 15, this balm of 100 percent beeswax protects your lips from the sun, wind, and any other extreme conditions on the court. \$4, mountainocean.com

4. Nalgene N-Gen water bottle

Outdoor enthusiasts such as hikers and cyclists have long toted these bottles. They're long-lasting, dishwasher safe, and come with measurement gradations molded into the bottle for added ease in making sports drinks. \$10.25, nalgene-outdoor.com

5. Under Armour Movement jacket

A lightweight jacket with good ventilation that keeps you warm on your way to your match, and after it's over. \$60, underarmour.com

6. Revo Sports sunglasses

Nobody likes to get blinded when an opponent's lob goes right into the sun. These Revo shades protect your eyes from the bright sun and all UV rays. The snug fit prevents them from sliding. \$149, revo.com

7. TechnoMarine Sport Abyss 10.900 watch

You've got to know how much court time you have left, and this watch tells you with style. Plus the durable rubber band will stand up to any Western forehand. \$550, technomarine.com

8. Neutrogena Fresh Cooling Body Mist sunblock 45

The continuous spray is absorbed quickly so there's no need to rub anything in (and then lose your grip). And because it's water-proof and sweatproof, it doesn't need to be reapplied often. \$10, neutrogena.com

9. ZYM Portable Electrolyte Drink tablets

In a tough match, drinking plain old water simply isn't going to keep you at your best. Drop one of these ZYM tablets in your water bottle to replace your lost electrolytes and B vitamins—without the sugar rush of a sports drink. \$8, gozym.com

