

First-Class Checklist

Gear & Hygiene • BJJ Lifestyle Tips

Pre-Class Quick Check

- ☐ Gi or rashguard/shorts are clean & dry
- ☐ Fingernails & toenails trimmed
- ☐ Any cuts covered (bandage + athletic tape)
- ☐ Flip-flops for off the mats (no bare feet off-mat)
- ☐ Water bottle filled
- ☐ Deodorant (no heavy cologne/scents)
- ☐ Mouthguard packed (optional)
- ☐ Hair tied/secured; jewelry removed
- ☐ Towel + athletic tape (optional)
- ☐ Light snack 60–90 min before (optional)

Hygiene Non-Negotiables

- Shower within 24 hours; train only when healthy.
- Fresh, clean gear each session (gi/rashguard/shorts).
- No shoes on the mats; always wear sandals off the mats.
- Cover cuts, rashes, or broken skin; stay home if in doubt.
- No jewelry or sharp accessories; keep hair secured.
- Be scent-light: deodorant okay, heavy cologne not.