

# ALISON WATERS MY BAG



*Experienced world no.8 Alison Waters tells Squash Player about how she organises her equipment for a tournament*

## **WHEN DO YOU PACK YOUR BAG FOR A TOURNAMENT?**

I'm not one to pack really early, so generally I pack the night before I go or if I'm on a night flight, then I will pack the morning before I go.

## **WHAT DO YOU INCLUDE?**

My most important things, aside from my rackets and shoes, are my foam roller, lacrosse ball (for my glutes) and snacks for the trip. I include CNP Pro Recover powder, hydration tablets and different snack bars (Bounce Energy Balls and Nakd Bars). Depending on where I'm going, I will also take porridge or muesli, as I like to have the same breakfast that I have at home. Also, I take my iPad and noise-cancelling headphones, which are essential for a long-haul flight.

## **WHAT TYPE OF BAG DO YOU USE AND WHAT ARE ITS ADVANTAGES?**

A Salming luggage bag on wheels and a Salming racket bag. You can't take rackets on board with you, so they go in my big luggage bag, and I take my racket bag on board with me. It's quite a big bag, so I can fit a lot in it, which is great – but it's quite wide, so I do tend to walk into people with it!

## **HOW MANY RACKETS DO YOU TAKE?**

I take four blue Salming Forza rackets with me to tournaments, which I love. They are nice, light rackets, which are perfect. I tend to get them restrung a week or so before I leave, so they should last the week or two I'm away.

## **WHAT TYPE OF SHOES DO YOU WEAR AND HOW MANY DO YOU HAVE?**

I wear the Salming Viper shoes to play in. They are great, as they are very supportive and comfortable to wear. I wear the Salming Miles shoe for gym work and walking around in. Again, they are very comfortable and they look great. Salming have spent a lot of time not only making sure their products are good quality, but also that they look great.

## **WHAT ACCESSORIES DO YOU PACK?**

I always pack spare strings, grips and lots of Salming kit to practise and play in; a skipping rope for warming up with; 1-2 books for the trip, depending how long I'm away for; my Complex, which is a portable electric massage machine for recovery (it's so good to have if you can't get access to an actual massage); lots of Salming socks (I wear two pairs at a time, so my

bag is always pretty full of socks); and my compression socks for the long flight, an essential part of my kit.

## **WHAT PERSONAL ITEMS DO YOU INCLUDE?**

My iPad, so that I can watch things when I'm away, and my training diary, where I have my plan and notes. I'm doing a psychology degree online with the Open University, so from October to May I take my study books as well. It all makes for a heavy bag!

## **DO YOU HAVE ANY TIPS FOR THE CLUB PLAYER ON ORGANISING THEIR EQUIPMENT?**

It can seem quite scary trying to remember to include everything for a match or tournament. Maybe just write a short list of the things that are essential. I take quite a lot with me, but the most important things for me are my Salming squash shoes. I always take two pairs in case one gets broken and I need a replacement. It's easy to borrow a squash racket, but not so easy or fun to wear someone else's shoes – or try to find your shoe to buy when you're away. So I would always say travel with two pairs of squash shoes.