



360 REVIEWS



Sign In

When you use links on our website, we may earn a fee.

Home / 360 Reviews / Fitness

## 7 Best Gym Bags of 2024

By [Deirdre Mundorf](#)



Edited by [Marlo Jappen Porto](#)

Updated: June 28, 2024



Save

"If there's one lesson I've learned from over a decade in the trenches of powerlifting, it's this: Your gym bag is just as important as any other piece of equipment," says Ben Jens, a National Academy of Sports Medicine (NASM)-certified personal trainer, fitness expert, and senior editor of Powerlifting Technique.

The Under Armour Undeniable 5.0 Duffle Bag earns our top recommendation for the best gym bag because it's durable, available in multiple sizes, and features handy compartments. However, our list also includes options to suit a range of budgets and capacity needs.

### Table of Contents

[Best Gym Bags](#)

[Things To Consider When Buying](#)

[How We Chose](#)

[More +](#)

## Our Top Picks

**Best Overall:** [Under Armour Undeniable 5.0 Duffle Bag](#) »

[Jump to Review](#) ↓

**Best Budget:** [Under Armour Undeniable Backpack](#) »

[Jump to Review](#) ↓

**Best With Shoe Compartment:** [Calpak Stevyn Duffel Bag with Shoe Compartment »](#)[Jump to Review ↓](#)**Best for Men:** [Mack Weldon Atlas Duffle »](#)[Jump to Review ↓](#)**Best for Women:** [BagSmart Travel Sport Duffle Bag »](#)[Jump to Review ↓](#)**Best for Durability:** [Thule Chasm Sport Duffel »](#)[Jump to Review ↓](#)**Most Stylish:** [Dagne Dover Landon Carryall Bag »](#)[Jump to Review ↓](#)

## Best Overall

**Under Armour Undeniable 5.0 Duffle Bag »**

**PROS:**

- ✓ Multiple size options
- ✓ Water-resistant
- ✓ Durable, foam-lined side panels and base
- ✓ Vented pocket for laundry and shoes

**CONS:**

- ✗ Large logo isn't discreet
- ✗ Only a few color options for some sizes

[Buy From Amazon](#)

We chose the Under Armour Undeniable 5.0 Duffle Bag as our top pick because of its versatility. With multiple size options ranging from 18 liters up to 144 liters, you're bound to find one with the ideal capacity for your workout needs. The Undeniable Duffle Bag also offers different compartments to help gym-goers keep all of their essentials organized. The exact number and layout of these vary based on the size you choose, so check the product information from the manufacturer for more information. All options – including the smallest bag (XXS) – feature a large vented pocket for laundry and sneakers, internal slip pockets, a front zippered organization pocket, and a side mesh pocket.

This gym bag was designed with durability in mind, and it's made from polyester with a water-repellent finish. Under Armour also added a thermoplastic polyurethane (TPU)-coating and foam lining to the side panels and base of the bag, giving it more structure and helping it to better withstand frequent use.

To keep you comfortable when hauling your gear, this bag comes with an adjustable strap and dual carrying handles. The extra-large and extra-extra-small bags are only available in black with a white logo, but all the other sizes are available in three or more color options to suit a range of styles.

## Specs

**List Price:**

Starting at \$35 (XXS Duffle)

**Material:**

Polyester

**Dimensions:**

15.6 in. L x 8.2 in. W x 7.5 in. H (XXS); 17.6 in. L x 8.7 in. W x 8.9 in. H (XS); 21.7 in. L x 10.6 in. W x 10.1 in. H (Small); 24.6 in. L x 12.1 in. W x 11.4 in. H (Medium); 29.5 in. L x 14.5 in. W x 14.1 in. H (Large); 33.5 in. L x 16.5 in. W x 16.1 in. H (X-Large)

[Buy From Amazon »](#)

## Best Budget

### Under Armour Undeniable Backpack »



**PROS:**

- ✓ Inexpensive
- ✓ Insulated water bottle sleeve
- ✓ Several color choices

**CONS:**

- ✗ Main compartment isn't zippered
- ✗ Smaller capacity

[Buy From Amazon](#)

The Under Armour Undeniable Sackpack retails for just \$25, proving you don't have to spend a fortune for a reliable gym bag. This sackpack has a 20-liter capacity with a large main compartment to hold clothes, sporting equipment, toiletries, or whatever else you need to bring with you to the gym. It also has a full-length front-zippered pocket to hold more gear. The pocket is deep enough to fit a [water bottle](#). A smaller, fleece-lined zipper pocket on the front of the bag is ideal for keeping your keys, wallet, or cellphone safe during your workout.

This bag is made from 100% polyester with the brand's water-repellent finish. To protect the bag against damage, Under Armour also added a TPU-coated bottom panel. This model has adjustable straps to help users tailor the fit to suit their height and comfort preferences. The Undeniable Sackpack is available in six color combinations.

**Specs**

<b>List Price:</b>	\$25
<b>Material:</b>	Polyester
<b>Dimensions:</b>	15.4 in. L x 2.4 in. W x 21.1 in. H

[Buy From Amazon »](#)

**Best With Shoe Compartment**

## Calpak Stevyn Duffel Bag with Shoe Compart...



### PROS:

- ✓ Includes zippered bottom shoe compartment
- ✓ Multiple color options available
- ✓ Luggage sleeve for travel

### CONS:

- ✗ No very budget-friendly
- ✗ Only one size option

Buy From CALPAK

The Calpak Stevyn Duffel Bag is a spacious option to fit everything you need. The large zippered compartment on the bottom of the bag is ideal for those who need to bring a pair of shoes (or even two). In addition to this large compartment, the bag features a generously sized main section along with smaller interior pockets to keep your phone, wallet, keys, and other essentials organized.

This product could also double as a weekend getaway bag thanks to its size and organization features. It even offers a luggage trolley sleeve that allows it to slide over the handle of a suitcase when maneuvering through the airport or down a busy city street.

The Calpak Stevyn Duffel Bag includes an adjustable shoulder strap and two carrying handles to meet the preferences of each user. It comes in several colors, including five neutral shades and limited colors and fun patterns like cheetah and daisy.

Specs

List Price:	\$112
Material:	Polyester
Dimensions:	19.5 in. L x 10.5 in. W x 14 in. H

[Buy From CALPAK »](#)

Best for Men

Mack Weldon Atlas Duffle »

**PROS:**

- ✓ Classic, high-quality design
- ✓ Insulated pocket for food or beverages
- ✓ Non-slip base
- ✓ Ventilated shoe pocket
- ✓ Made from recycled plastic bottles

**CONS:**

- ✗ Only one color choice
- ✗ No size options

[Buy From Mack Weldon](#)

Men looking for a new gym bag might want to check out the stylish Atlas Duffel from Mack Weldon. Constructed from durable poly canvas that's made from recycled plastic bottles, this bag is designed to keep up with all of your needs. The spacious main compartment is ventilated to provide airflow to dirty clothes or shoes. There's also a ventilated side pocket to hold shoes and an insulated side pocket, which is handy for keeping a post-workout



snack cool and ready to enjoy. The Atlas Duffle can also function as a travel or work bag – it doesn’t look too casual or sporty like some gym bags.

Mack Weldon incorporated a rubber bottom into the design of the bag to keep it from slipping and sliding around, whether you place it on a bench or the ground. A padded, adjustable shoulder strap and two carrying handles are integrated into the bag’s design, helping each user find the most comfortable way to carry it.

Specs

List Price:	\$88
Material:	Recycled poly canvas
Dimensions:	19 in. L x 11 in. W x 12.5 in. H

[Buy From Mack Weldon »](#)

Best for Women

BagSmart Travel Sport Duffle Bag »

**PROS:**

- ✓ Anti-theft zipper
- ✓ Nine pockets to organize essentials
- ✓ Includes a buckle to hold a yoga mat
- ✓ Vibrant color options

**CONS:**

- ✗ Only one size option
- ✗ No shoe compartment

[Buy From Amazon](#)

The Bagsmart Travel Sport Duffle Bag offers a unique feature – in addition to the two carrying handles designed to hold a rolled-up [yoga mat](#), the bag also has a detachable shoulder strap, providing you with versatile carrying options.

While it's compact enough to serve as a carry-on bag with most airlines, this bag is still spacious enough to hold a lot of gear. Along with the large main compartment, it also has nine different pockets where you can stow personal items, snacks, and other essentials that you'll need before, during,

or after a workout. Plus, it comes in six different colors, including purple and teal.

Specs

List Price:

\$59

Dimensions:

18.5 in. L x 8.7 in. W x 11 in. H

[Buy From Amazon »](#)

Best for Durability

Thule Chasm Sport Duffel »



PROS:

- ✓ Durable 900D fabric construction
- ✓ Water-repellent finish

CONS:

- ✗ Limited color options
- ✗ Pricey

[Buy From Amazon](#)

- ✔ Converts between a duffel bag and a backpack

If you need to carry a lot of gear to the gym, then the 40-liter Thule Chasm Sport Duffel may be the right fit. The bag features a wide opening, allowing you to easily load and unload items. To organize your belongings and make them easier to find, there are internal mesh pockets. If your bag gets too heavy to comfortably carry over the shoulder with the strap, you can convert this model into a backpack. When you’re not wearing it as a backpack, the shoulder straps can be hidden away so they don’t get in your way.

Thule kept durability in mind when crafting this gym bag: It’s made from strong 900D fabric that’s coated with a water-repellent finish. And, to help you feel even better about your purchase, this bag is made from 100% recycled materials.

### Specs

List Price:	\$149.95
Material:	100% recycled 900D polyester, phthalate-free laminate
Dimensions:	22 in. L x 13 in. W x 10 in. H

[Buy From Amazon »](#)

### Most Stylish

Dagne Dover Landon Carryall Bag »

**PROS:**

- ✓ Sleek, modern appearance
- ✓ Several color options
- ✓ Multiple pockets and compartments
- ✓ Comes in five sizes

**CONS:**

- ✗ Expensive
- ✗ Not all colors are available for all size options

[Buy From Dagne Dover](#)

The Dagne Dover Landon Neoprene Carryall Bag is a stylish yet functional option to consider for your gym trips. With its clean, streamlined appearance, this is an aesthetically pleasing bag. You can choose from a neoprene or air mesh finish, which can be further customized to your liking by selecting one of the many color options. (Note that the color choices are more limited for the two smaller sizes).

The Dagne Dover Landon Carryall Bag is available in five different size options, suiting a range of needs. Those who only need to pack a change of clothes and a few small items before heading to the gym may find that the

small bag is large enough for their needs. For gym goers with more gear, the large or extra-large size may be a better choice. The medium, large, and extra-large bags all include a laptop carrier or separate laptop sleeve if you [need to bring your computer with you](#) or want to use the bag for other purposes like travel.

Specs

List Price:	Starting at \$125 (Extra small)
Material:	Neoprene and mesh (neoprene bag); mesh (air mesh bag)
Dimensions:	9 in. L x 4.75 in. W x 6.25 in. H (Extra Small); 12 in. L x 6 in. W x 7.5 in. H (Small); 14.5 in. L x 7.5 in. W x 9 in. H (Medium); 16.5 in. L x 9 in. W x 11 in. H (Large); 20.5 in. L x 10 in. W x 10.5 in. H (Extra Large);

[Buy From Dagne Dover »](#)

The Bottom Line

The Under Armour Undeniable 5.0 Duffle Bag is our choice for the best overall gym bag. Available in six different sizes, it features durable construction with a water-resistant finish, offers several pockets and compartments to help you stay organized, and comes in several color choices. However, depending on your specific needs and preferences, you may decide that one of the other gym bags on our list is a better fit for you.

Things To Consider When Buying Gym Bags

**Size and Capacity:** “For starters, size and capacity are crucial – your gym bag should be big enough to accommodate your workout essentials but not so massive that it becomes a transportation burden,” explains Marc Massad, certified pickleball trainer & IFP Pickleball Ambassador with Velocity Paddle. There are two important measurements to consider when comparing the size of different gym bags. The first is the volume or capacity. Volume is generally reported in liters. As a point of reference, medium-size bags will have a volume somewhere around 40 liters. Consider all the gear you want to be able to carry with you to help you determine the ideal volume for a gym bag.

In addition to considering the volume of each bag, you may also want to pay attention to the dimensions. Assess the length, width, and height of each bag you’re interested in to make sure it seems like a reasonable size to carry, store in a locker, or bring with you en route.

**Material:** “The material of your gym bag is paramount,” stresses Jenks. Gym bags can be made from a variety of materials, including polyester, leather, nylon, and canvas. Jenks prefers nylon gym bags. He says, “Hands down, 1000D nylon is the gold standard – it’s exceptionally tear and abrasion-resistant while maintaining lightweight flexibility.” Polyester is another popular material for gym bags. It’s also durable and offers greater water resistance than nylon bags, which may make it a better option for those who get their bag wet at the pool or when walking in the rain.

Canvas gym bags tend to be more affordable. They’re also easy to clean but can tear more easily than bags made from other materials. Leather is known for its durability and sophisticated look. However, it isn’t a water-resistant material and is also heavier than synthetic options, so it may not be the best choice for a gym bag.

**Carrying Options:** Consider whether you prefer to carry the bag over a shoulder (or across your body), on your back, or in your hands. Some models may even offer flexible carrying options, such as adjustable straps or a shoulder strap and carrying handles.

If you’re looking for a backpack or a bag that you carry over a shoulder, consider how comfortable the straps will be, especially when the bag is full of gear. Choosing a model with padded straps can help evenly distribute the weight and keep you more comfortable.

**Compartments and Organization:** “Organization is another critical feature,” says Jenks. “You don’t want things flying around chaotically inside your bag.” Choosing a bag with several compartments will make it easy to keep all your gear organized and easy to find when you need it. Jenks explains that bags that have segmented pockets “allow for the separation of dirty clothes, shoes, toiletries, and equipment like belts or wraps. This helps prevent odors and leaks from spreading.”

However, since every person’s needs are different, consider the specific items you plan to carry in your bag and how that translates to the size and number of compartments you’ll need. For example, if you plan on changing into a different pair of shoes before or after your workout, then a bag with a separate shoe compartment may be important. Also, think about where you’ll store your personal items, such as your phone and keys, during your workout. A bag with smaller front or side zippered pockets may help to keep these items within easy reach.

**Durability and Weather-Resistance:** “As an avid fitness enthusiast and sports coach, I am partial to gym bags that prioritize durability and weather resistance, ensuring your equipment stays safe irrespective of external conditions,” says Jenks. As mentioned earlier, some materials are more durable and water-resistant than others. Nylon, polyester, and leather are among the most durable materials for a gym bag, with polyester being one of the most water-resistant options.

Beyond the material itself, also consider the overall construction of the bag. Features such as reinforced stitching and heavy-duty zippers are more likely to withstand heavy use than those with cheaper construction.

**Style:** First, consider the overall design of the bag and whether it is a good fit for your specific needs. For example, some bags have a separate compartment designed to hold a yoga mat or straps along the top where you can secure the mat. Others have a much more spacious main compartment, which may be a good fit for those who need to bring their soccer ball or basketball with them or need a spot to carry a tennis racket. There are different types of gym bags, including duffle bags, backpacks, totes, and waist packs. The best choice for you may look very different than what someone else will need.

In addition to the overall layout of the bag and whether it’ll accommodate your workout and activity needs, keep in mind the general aesthetics. Do you like the color



scheme? Does the bag's style complement your overall look? If you plan to take the bag with you to work or on trips, you may want to opt for a more dressy style.

**Care:** Care and cleaning are especially important if you'll be leaving your gym bag outside or using it to hold dirty clothes after a sweaty workout. Check the manufacturer's care instructions before making a purchase. While some materials, such as nylon or canvas, are machine washable, other bags will require hand-washing. For example, if you choose a leather bag, you will not be able to machine wash it or submerge it under water. Instead, you'll need to carefully use a leather cleaner. Think about how much time you will realistically have to clean the bag before making your selection.

## How We Chose the Best Gym Bags

To help us curate this list of the best gym bags, we reached out to two fitness experts: Ben Jenks and Marc Massad. Jenks is a NASM-certified personal trainer and the senior editor of [Powerlifting Technique](#) and Massad is a certified pickleball trainer and an IFP Pickleball Ambassador with [Velocity Paddle](#). In addition to the insights they provided, we considered feedback from professional reviewers and everyday customers while also seeking options that would meet the varying budgets, workout needs, and style preferences.

### WHY SHOULD YOU TRUST US?

[Deirdre Mundorf](#), the author of this piece, has been a U.S. News and World Report contributor for more than a year. During her time on the 360 Reviews team, she has covered personal care items, including the [best massage guns](#), [compression socks](#), and [insoles](#). Beyond her work with U.S. News, Mundorf has contributed to several other online publications, including Bob Vila, Discover Magazine, and USA Today. [Marlo Jappen Porto](#), U.S. News 360 Reviews editor, is an experienced commerce editor who focuses on fitness products.

## FAQ

**How big should my gym bag be?**



**What type of gym bags are the most durable?**



**What type of gym bags are the most eco-friendly?**



## About Our Team



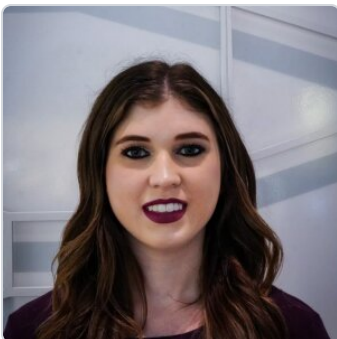
### Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

[Read more](#)



### Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

[Read more](#)

HOMEHOME SERVICESSLEEPTechnology

LifestyleInsuranceBusiness360 Reviews UK



AboutEditorial GuidelinesContactPressAdvertiseNewslettersJobsSite Map

Store

Copyright 2024 © U.S. News & World Report L.P.

Terms & Conditions/Privacy Policy/U.S. State Privacy Notice/Your Privacy Choices