

What's in My Range Bag

- Eye protection - I wear [ESS \(Eye Safety Systems\)](#) when on the range. The lenses switch out easily, so I can go from a foggy morning to bright sunshine with 1 pair of glasses.
- Hearing protection - Ear muffs by [Howard Leight Electronic Impact Sport](#) provide both protection and comfort. During hot weather or for rifle and shotgun shooting, I prefer my SportEars. They fit great inside my ears and offer both amplification and protection.
- Tourniquet - Just in case. It's not just for me!
- [Zeiss Lens wipes](#) - Like Jerry Miculek says, "You can't shoot what you can't see!"
- Electrolyte tablets - Throughout the day I pop a [Nuun](#) tablet in my bottle of water to stay hydrated. If you're out there long enough, water alone just doesn't cut it.
- Pain reliever - [BC Powder](#) works quick when I get a headache. For the matches that really kick my butt, I take 2 Aleve before I even leave the range.
- Bandana - Whether I need to wipe something down, blow my nose, or keep my hair out of my face, a bandana works for me.
- Pen and grey & black Sharpies - You just never know when you might need a sharpie and grey works great on black.
- Shemagh - If it starts to rain I throw the shemagh over myself or my firearm. Also, I cover my shotgun and rifle to keep them from getting too hot in the sun. Keeps dust out of the actions of staged guns too.
- Sunscreen - Avoid the burn or you'll regret it later.

- [UpLula](#) - Why should I work harder than I have to? An UpLula makes loading magazines effortless. Both pistol and rifle!
- [MS Clean Kit](#) - A comprehensive cleaning kit. If it rains or is really dusty you may have to do a quick field clean of your guns. MS clean looks like and is the same size as an AR magazine.
- Medical tape - Whether I need to tape something together, cover a blister, seal a cut or just cover a hot spot on my hands or feet, medical tape does the job.
- Foam ear protection - Great for when friends come to the range. Always have spare ear pro.
- Spare Batteries - For my hearing protection and optics. They always die when you need 'em.

Read the entire article, [“What's in Your Range Bag, Michelle Cerino?”](#) at Women's Outdoor News.