

TRIATHLON PACKING LIST

SWIM

- Tri suit or swimsuit
- Goggles - 2 pair (tinted + clear)
- Anti-fog spray (baby shampoo)
- Small towel
- Wetsuit or skinsuit
- Pre-race nutrition + hydration
- Swim Cap (provided by race)
- Anti-chafe Products
- Timing chip + strap (use safety pin)

BIKE

- Bike (with number stickers)
- Helmet (with number sticker)
- Cycling Shoes
- Socks (optional)
- Sunglasses
- Water bottle(s) prefilled with race drink
- Nutrition
- Flat kit (Co2, levers, multi-tool, spare tube)
- Tire pump (may leave in car)

RUN

- Shoes
- Race Belt + Bib
- Hat/Visor
- Nutrition

OTHER

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MISCELLANEOUS

- Training Device (Garmin or Wahoo)
- Anti-chafe (body glide)
- Sunscreen
- Chamois Cream
- Sharpie Marker
- Band-aids, Vaseline, Lip Creme
- Electrical Tape (adhere nutrition to bike)
- Powder (optional for shoes)
- After race dry clothing
- Post-race nutrition (4:1 ratio of carbs to protein)
- Scissors (for help placing stickers)
- Safety pin (to secure timing chip)
- Identification
- Toilet Paper in Ziploc