

TRIATHLON PACKING LIST

SWIM:
Goggles
Wetsuit
Bodyglide
Trishorts
Tritop
Chip Holder
Swim suit for general use
One piece tri-suit
Swimcap (for day before swims)
Towel (cheap orange one for transition)
Towel (other cheap one for day before swim)

RUN:
Running Shoes
Race Belt (correctly sized)
At transition - clean socks as a backup pair
Extra running shorts for general use/training
Camelback
Gel Bottles for run pre-filled
GPS Running
GPS Heart Rate Strap
USAT Card

BIKE:
Bike itself
Socks
GPS for Bike
Helmet for day before use
Aerohelmet
Sunglasses
Bike shoes
Saddle Bag on with CO2/tools
Extra Tube loaded
Race-wheel compliant bike pump in case
Extra bike shorts for general use/day before
Aero-water bottle
Scotch Tape (normally in tri bag)
Bento Box if using
Gel Bottles for bike pre-filled

RANDOM TRANSITION BAG THINGS:
1 Bottle with drink powder for pre-swim
Extra tube
Advil - ya never know, post-race

GENERAL VACATION/TRIP THINGS:
DSLR Camera
DSLR Charger
Little Camera
Little Camera Charger
Swimsuit (normal regular person one)
Flip-flops

POST BIKE PACKING CHECK:
Rings from top tube (taken off during disassembly)
Pedal Wrench
Pedals
Hex Wrench
Bike seat/post