

Triathlon Packing List

Swim:

- swim cap
- swim goggles
- ear plugs
- bathing suit
- wetsuit

Bike:

- bicycle
- race wheels
- oh shit bag - fully stocked
- pedal wrench & tool
- bike helmet
- bike gloves
- bike shoes
- bike socks
- bike sunglasses

Run:

- running shoes
- running socks
- visor or hat
- handheld water bottle
- race belt

Cold Weather:

- arm warmers
- compression sleeves/socks
- skull cap
- light jacket/rain jacket
- heavier jacket
- sweatshirt
- bike shrug or jacket

Misc:

- USAT Card and ID
- nutrition & salt
- water bottles
- extra run shoes
- OOFOS/recovery flipflops
- Ibuprofen/medications
- hygiene kit
- chamois butter
- body glide

Clothes:

- Race Kit
- civilian clothes
- extra training clothes
- sports bras
- bras
- underwear
- pajamas

Travel:

- laptop & cord
- passport and ID's
- cash
- headphones/ipod
- book
- phone
- phone charger
- confirmations/travel folder