

Triathlon Packing List

General	Swim	Bike	Run	Miscellaneous
Gear/transition bag	Swim cap	Bike	Hat/visor	Directions to race
Tri suit (Shorts & top or 1 piece)	Goggles - clear (cloudy day or dirty water)	Bike pump	Shoes (with orthotics if you use them)	Sunglasses
Tri Registration Card/number	Goggles - Amber (Very sunny)	Water bottles (aero-bottles)	Speed laces	Electrical tape
Bib race belt or pins	Tri suit you will wear for the whole race.	Helmet/ Aero-helmet	Water bottles/belt (optional)	Cell phone/camera
Sunscreen	Wetsuit (depending on temperature)	Emergency tire kit (spare tube, lever, CO2, bike tool)	Socks	Extra towel Wipes
Towel or mat for transition	Ear plugs (optional)	Race wheels (optional) (install these before race day)		Post race clothing and flip flops/crocs
Race fuel (food, liquids)	Nose plug (optional)	Shoes		Garbage bag Rain gear
GPS/Heart Rate Monitor/chest strap/Watch (optional)	Anti-fog solution (optional - use spit instead)	Socks (optional)		
Body Glide				
Cash/Wallet/ID				
Head-lamp/Flashlight				

