Triathlon Packing List

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| **General*** Tri-suit (or shorts and top)
* Body glide
* Chip holder and chip
* Race belt
* Deodorant
* Toilet paper / tissues
* Sports watch
* Heart rate strap
* Money
* Energy drink for pre swim
* Advil
* Permanent marker
* Flip flops
* Sunscreen lotion
* Pre-race snack / breakfast
* Gel
* Race bag
* Bag for wet clothes
* Clothes for after competition

**Transition*** Towel or mat
* Towel to dry feet
* Bottle of water (to wash feet)
* Extra pair of socks
* One bottle with energy drink
* Snack

**Women*** Sports bra
* Elastic band for hair
 | **Swim*** Goggles
* Wetsuit
* Swim cap

**Bike*** Bike and accessories
* Helmet
* Socks
* Sunglasses
* Cycling shoes
* Gloves
* Saddle bag with tools and extra tubes
* Bike pump
* Pre-filled bottle/s with water or energy drink
* Bento box
* Headband
* Arm sleeves
* Windbreaker

 **Run*** Running Shoes
* Water bottles pre-filled
* Cap
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