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 |