

# Triathlon Packing List

## **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