



Triathlon Packing List

Pre Race

- Sandals or Comfortable Shoes
- Comfortable Warm up clothes
- Bag to put everything in
- Plastic trash bag (*to cover items if raining*)
- Sunscreen and chapstick
- Bug spray with DEET
- Permanent Marker (*for self body marking*)
- Pre & post race nutrition
- Race Nutrition (*fluid and calories*)
- Current triathlon license & picture ID
- Money (cash and credit)
- Headlamp (*for dark mornings*)
- Personal music player
- Bike Pump (*with pressure gauge*)
- Watch or other time/data device (*garmin, etc*)
- Electrical tape (*to secure timing chip*)
- Bright Towel or Transition Mat if allowed
- GoPro if using
- Bike Repair Kit & Tools (*no CO2 if flying & spare inner tubes with long valve for race wheels*)

Race

- Race suit (*1 piece or top and bottom*)
- Goggles (*2 pair: 1 tinted & 1 clear*)
- Antifog
- Swim cap
- Wetsuit or speedsuit (*or both just in case*)
- Lubricant: trislade or similar (*no bodyglide*)
- Bike (*Clean and Tuned*) - race wheels?
- Helmet (*aero, road, or both*)
- Sunglasses (*tinted and clear lenses*)
- Bike Shoes (and socks if desired)
- Cold gear (*gloves, sleeves, toe covers, neoprene cap*)
- Rubber Bands (*if bike shoes staged on the bike*)
- Running Shoes (*race and/or trainers*)
- Running socks (*if desired*)
- Baby powder
- Race Belt (*for run number*)
- Hat or Visor (*before, during, after*)
- Towel (*to dry off or sit on*)
- Other individual considerations (*medications, prosthetics, etc*)

Special Considerations for Travel Events (Domestic and International)

- Bike packed in bike case: video reference: <https://www.youtube.com/watch?v=6Mmi5CrmuW8>
- Basic travel tools (hex wrenches, grease, bar end plugs, tire levers, tubes, etc)
- Travel bike pump with accurate pressure gauge
- Torque wrench for proper re-assembly of bike
- Travel size bike cleaning supplies (soap, degreaser, lube, brush, clean cloth)
- Spare wheels for the wheel pit (draft legal only)
- Travel trainer/rollers if desired
- Spare Derailleur hanger & screws (*best to remove hanger during packing to prevent damage*)
- Proper logo clothing for pre-race and/or podium (*casual ok but nice: shorts, polo, etc*)
- Rain gear (travel umbrella in bike box + rain jacket, etc)
- Charger &/or batteries for electronic shifting and power meter
- Vaccinations and medications specific to the region you are traveling (*consult CDC website*)
- International Health Insurance (*double check with your provider or purchase a separate event specific policy*)
- Passport and visa if needed
- International credit card & foreign cash if needed. (*exact race fee & currency?!?!*)
- Electronics Adapter if needed
- Nasal Spray (*to moisten nasal passages on long flights*)
- Hand Sanitizer and sanitary wipes (*to wipe down airplane seat, arm rest, table, etc*)
- Food & Water for daily nutrition and race (*is regular food available where you are traveling?*)
- Carry on race essentials if you can: (*bike shoes, run shoes, tri suit, goggles*)
- Communication: international cell phone plan with texting and data
- Compression Socks/tights and comfortable shoes for use during travel
- Entertainment (books, movies, etc) and fully charged power bank if needed