

70.3 TRI SPECIFIC PACKING LIST

Pre-Race/Morning Of

- Tri-tats
- GPS Watch
- Race Outfit: 1 piece/ Tri Top & Shorts/ Bra
- Sweatshirt/Long Sleeve/Rain Jacket/Poncho
- Pants
- Flip Flops- bring extra if you plan to throw at start
- Pre Race Nutrition/Hydration
- IM Timing Ankle Strap (safety pin on)

Swim

- Swim Cap
- Goggles (x2)
- Anti-Fog Spray
- Wet Suit
- Anti-Chafe/Glide
- Ear Plugs

Transition

- Bag to carry everything
- Towel/Transition Mat
- Sunscreen
- Extra Water/Nutrition

Bike

- Bike
- Helmet
- Sunglasses
- Chamois Butter/Anti-chafe
- Socks
- Bike Shoes
- Bike Gloves
- Arm Sleeves

To Put on Bike

- Nutrition/Gels/Salt Tabs/Pain Reliever
- Bottles/Hydration
- Chapstick
- Flat Kit: Air Cartridge & Nozzle/Tire Tube/Multi Tool

Run

- Race Belt w/ Race #
- Nutrition/Gels/Salt Tabs/Pain Reliever
- Hat/Visor
- Sunglasses
- Run Shoes
- Dry Socks (optional-if it rains)
- Knee Band
- Band-Aids

Post-Race

- Any Post Race Warm/Dry Clothes
- Post Race Nutrition/Hydration

Clothes

- LS Tee's/Sweatshirts
- Tees/Tanks
- Run Shorts/Capris/Leggings
- Run Shoes (Back Up Pair)
- Socks/UW/Bras
- Hats/Visors
- Jackets
- Casual-Daytime/Dinner Tops/Tees/Tanks
- Jeans
- PJ's
- Swim Suits
- Comfortable Casual Shoes/Flip Flops
- Rain Needs (if applicable): Rain Jacket/Windbreaker,
- Cold-Weather Needs (if applicable): Jacket, Headbands/Hats, Gloves
- Any IM Gear you'll want with you is a must!

Accessories/Misc/Other

- Athlete Info: Race Guide, Schedule, Personal Pacing Goals
- Bike Tire Pump
- Chargers- GPS Watch, Phone, Headphones, Charging Cube, Portable Battery
- Toiletries – toothbrush/paste, hairbrush/comb, shampoo/conditioner, hairspray, lotion, deodorant, facewash, body wash, razor, make-up
- Hair ties/hairbands/bobby pins
- Ear Plugs (for sleeping)
- Medication/Pain Reliever/Sleep-Aid
- Other Misc: Plastic Baggies (in case of rain, these are a good to have), Permanent Marker, Scissors
- Cash/ID/Insurance Information, etc.
- Recovery Tools: Massager, Roller, etc
- Weekend & Race Morning Specific Food: Oatmeal, Bagels, PB, Banana's- etc & any additional personal snacks/hydration needs (Nuun)
- Social Distancing Needs: Facemask, Hand Sanitizer, Wipes, Gloves, etc.