Tri Packing List - Ricardo

All things needed to take to triathlon



- [ ] HRM
- [ ] Glasses - Race Glasses/ Sun Glasses
- [ ] Race Belt
- [ ] Visor/ Head Band
- [ ] Compression Sleeves
- [ ] Helmet
- [ ] DZnuts - Chamois Cream
- [ ] Garmin watch
- [ ] Garmin Bike Computer
- [ ] Wetsuit
- [ ] Wetsuit Lube
- [ ] Shoes
- [x] ~~Goggles~~
- [ ] Baby Shampoo as defogger
- [ ] SwimSkin
- [x] ~~Pump~~
- [x] ~~Nutrition - Base Salt/ Gels/TailWind Nutrition/Cliff Blocks~~
- [x] ~~Base Salts Containers for Rade Day~~

- [ ] XrCell
- [x] ~~Water Bottles~~
- [x] ~~Sandals for Race Day~~
- [x] ~~Bike Gloves (if long distance)~~
- [x] ~~Race Sneakers~~
- [x] ~~Chain Lube - Bike Tools~~
- [ ] Electric Tape
- [x] ~~Zip Ties~~
- [x] ~~Cleaning Rags~~
- [x] ~~Batteries for electronic shifting - Take Extra battery on bike.~~
- [x] ~~Batteries for HRM and/or Power Meter~~
- [ ] Race number tattoos
- [ ] Target Plastic Bags for Nutrition
- [x] ~~Spare Batteries/ Replace batteries - power meter - HRM~~
- [x] ~~eTap Battery Charger~~
- [x] ~~Pump~~
- [x] ~~Tools/Disc Break Rotor Tool~~
- [ ] SeaSafe - Anti Jellyfish lotion
- [x] ~~Chamois anti-shaffe Glide~~
- [x] ~~Race Hat~~
- [x] ~~Aero Helmet / Race Helmet~~
- [x] ~~Tools - Bike Assembly at Location~~
- [x] ~~2032 Batteries - for power meter and etap fob~~
- [x] ~~Chain Breaker and Chain Pliers~~
- [x] ~~Pedals (packed separately for flying)~~
- [x] ~~Ear Clearing Solution (for after swim)~~
- [x] ~~Aero gloves / Race Gloves~~
- [x] ~~Race Kit~~
- [x] ~~Wax Drip for Waxed Chain~~
- [x] ~~Extra Quick Links~~
- [x] ~~Proof of Vaccination Card~~

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