Tri Packing List - Ricardo

All things needed to take to long course triathlon



- [ ] Heart Rate Monitor
- [ ] Sun Glasses
- [ ] Race Belt for bib - *For quick T2 transition (T1 if overseas)*
- [ ] Visor / Head Band / Hat
- [ ] Compression Sleeves - Next day Recovery
- [ ] Helmet
- [ ] Chamois Cream - (I use DZNuts)
- [ ] Garmin Watch
- [ ] Bike Computer *I use Garmin*
- [ ] Wetsuit
- [ ] Wetsuit Anti-Chafing Lube
- [ ] Bike Pedals - *If flying or using TriBike Transport*
- [ ] Goggles - *Only item I use new on race day for maximum anti fog properties*
- [ ] SwimSkin *If not wetsuit legal*
- [ ] Bike Pump
- [ ] Nutrition - Base Salts/PowerBar Gels (for bike)/whatever gel is given out on the run
- [ ] Bottle to always have gatorade at my side 2 days leading up to race - *Preload hydration and carbs*
- [ ] Ear Clearing Solution - *To Clear Water from Ears in T1*

- [ ] Water Bottles - Number depends on distance *Full has special needs stop*
- [ ] Cheap disposable sandals for race day morning
- [ ] Bike Gloves (if Full distance)
- [ ] Race Sneakers / Regular Trainers (as a spare)
- [ ] Chain Lube / Bike Tools / Zip Ties / Electric Tape / *For any last minute tweaks*
- [ ] Thin Cycling Socks - *Tried and true so to not cause blisters*
- [ ] Spare socks for special needs / *For full distance in case of wet shoes*
- [ ] Rag to wipe my before putting on bike socks
- [ ] Fresh Batteries for all electronics on bike / Power Meter /Blip Box / Speed Sen

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