Tri Packing List - Ricardo

All things needed to take to long course triathlon



- [ ] HRM
- [ ] Glasses
- [ ] Race Belt
- [ ] Visor/ Head Band
- [ ] Compression Sleeves
- [ ] Helmet
- [ ] DZnuts - Chamois Cream
- [ ] Garmin watch
- [ ] Garmin Bike Computer
- [ ] Wetsuit
- [ ] Wetsuit Lube
- [ ] Shoes
- [ ] Goggles
- [ ] SwimSkin
- [ ] Pump
- [ ] Nutrition - Salt/ Carbo Pro/Osmo Hydrate/Cliff Blocks
- [ ] Osmo Preload
- [ ] XrCell

- [ ] Water Bottles
- [ ] Sandals for Race Day
- [ ] Bike Gloves (if long distance)
- [ ] Race Sneakers
- [ ] Chain Lube - Bike Tools
- [ ] Electric Tape
- [ ] Zip Ties
- [ ] Cleaning Rags

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