

# 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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