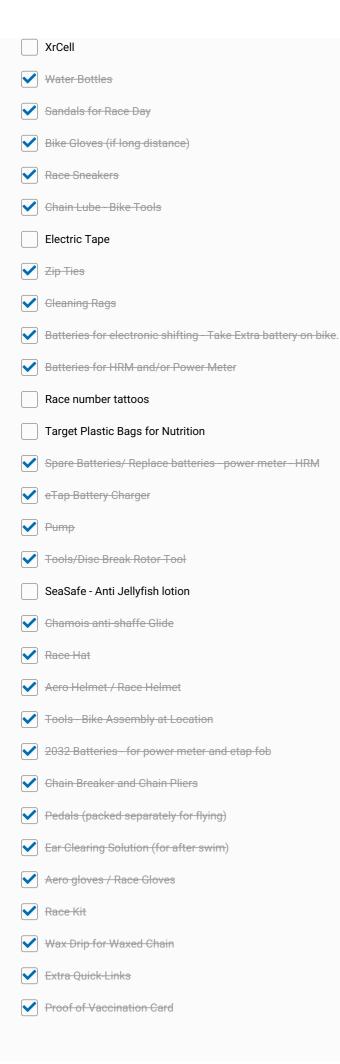
## Tri Packing List - Ricardo All things needed to take to triathlon



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
Goggles
Baby Shampoo as defogger
SwimSkin
Pump
Nutrition - Base Salt/ Gels/TailWind Nutrition/Cliff Blocks
Base Salts Containers for Rade Day



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