

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

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