

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 Sensor

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