

# 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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