TRIATHLON PACKING LIST

SWIM:	RUN:
Goggles	Running Shoes
Wetsuit	Race Belt (correctly sized)
Bodyglide	At transition - clean socks as a backup pair
Trishorts	Extra running shorts for general use/training
Tritop	Camelback
Chip Holder	Gel Bottles for run pre-filled
Swim suit for general use	GPS Running
One piece tri-suit	GPS Heart Rate Strap
Swimcap (for day before swims)	USAT Card
Towel (cheap orange one for transition)	
Towel (other cheap one for day before swim)	

BIKE:	RANDOM TRANSITION BAG THINGS:
Bike itself	1 Bottle with drink powder for pre-swim
Socks	Extra tube
GPS for Bike	Advil - ya never know, post-race
Helmet for day before use	
Aerohelmet	GENERAL VACATION/TRIP THINGS:
Sunglasses	DSLR Camera
Bike shoes	DSLR Charger
Saddle Bag on with CO2/tools	Little Camera
Extra Tube loaded	Little Camera Charger
Race-wheel compliant bike pump in case	Swimsuit (normal regular person one)
Extra bike shorts for general use/day before	Flip-flops
Aero-water bottle	
Scotch Tape (normally in tri bag)	POST BIKE PACKING CHECK:
Bento Box if using	Rings from top tube (taken off during disassembly)
Gel Bottles for bike pre-filled	Pedal Wrench
	Pedals
	Hex Wrench
	Bike seat/post