

# Triathlon packing list - swim.bike.run.blog

## In the bag

- Helmet
- Cycling shoes
- Sunglasses
- Computer/strap/HRM
- Gels/nutrition
- Race belt
- Single hole punch (for making holes in race number for the number belt toggles)
- Swim cap
- Goggles
- Running shoes
- Towel
- After race change of clothes
- Bodyglide
- Wetsuit
- Race licence (Triathlon England membership card)
- Plastic bag for wetsuit after race

## Laid out to grab on race morning

- tri-suit
- tracksuit
- shoes for pre- and post-race
- (corrective) glasses
- wallet
- phone
- house keys
- car keys
- bike rack keys

## Prepared the night before

- bike rack on car
- bike stripped of removable objects (mini-pump, saddlebag, lights)
- Saddlebag contents checked (tyre levers, patch kit, CO<sub>2</sub> inflator, spare tube)
- stepladder and track pump in boot