

Packing List

Swim	Bike	Run	Clothes	Toiletries	Etc
wetsuit & swim skin (nonwetsuit)	Bike	race belt	skivvies	nail polish?	TICKETS/PASSPORT!!! + airline bike policy!
race suit(s)	helmet	watch (& charger)	socks (+ wool?)	comb	pen
goggles (2) tinted & non-tinted	pump	heart rate strap	bras?	tampons?	chapstick
cap (2)	bike shoes	training shoes	shirts	shampoo/cond.	wet wipes/hand sanitizer
towel (small)	toe covers?	race flats	shorts	soap	gum
practice suit	bike kit for training	run socks (4+)	pants	razor	neck pillow
foggies/spit spray	bike socks	run shorts	shoes	toothbrush	headlamp
safety pins	spare tubes, levers, tires?	run t-shirts	hat/headband	toothpaste	mat/towel for airport stretching/nap
flip flops	tools	long sleeve t-shirt	hair ties/clips	face wash	gift for hosts?
trash bag & grocery bag (dry)	rags	compression socks	jewelry	floss	massage ball(s)
tubing	bottles (2-3)	run tanks	fancy outfit?	deodorant	trip itinerary and race checklist
chamois butter	drink mix	spandex		medications?	sunscreen (spray on for during longer race)
body glide	gels, bars, cookies, bloks, tums, glucose	run pant		bug spray?	ear plugs
Swim Cordz stationary swim belt	gloves (warm?)	sweats		q-tips	sleep mask
	arm/leg warmers?	run hat (training)			book, journal (or pics of pages)
	shell/jacket/vest?	race hat			toe spacers
	rubberbands	headband			coffee (ground?), aeropress, kettle?, thermos?
	tape for gel on top tube	beanie			tea, oatmeal, emergen C, bars
	sunglasses (lense types?)				cash, cards, ID
	MTB: camelbak, mud tires, mud scraper				phone (& charger)
					ipod (& charger)
					headphones
Bring small "personal item" backpack with things for flight					tablet (& charger)?
Bring large Carry On backpack w/ helmet & other race gear					passwords! (pic on phone)
Pack extra clothes in bike bags					reusable spork, plate/bowl, mug
CO2 off bike/out of bag for airline travel!					