

Triathlon Packing List

Type	Item	Location	Buy At Home	Check-off at Home	Check-off In Car	Check-off at Hotel	Shopping List in FLA	Shopping List at Expo
Food	PowerGel Vanilla x2	Bike Special Needs						
Food	Enduralytes Tube and Enduralytes	Bike Special Needs						
Food	PowerAde Single Pack (x2 Flavors)	Bike Special Needs						
Food	PowerGel Tube (filled with Vanilla)	Bike Special Needs						
Food	Nuun (2 Flavors)	Bike Special Needs						
Food	Fig Newtons (x2)	Bike Special Needs						
Food	Crackers/Peanut Butter	Bike Special Needs						
Food	Pretzels (15 in 3 plastic bags)	Bike Special Needs						
Medical	Chamois Butt'r Singles (x2)	Bike Special Needs						
Medical	Blister Treatment	Bike Special Needs						
Medical	Benadryl	Bike Special Needs						
Medical	Migraine Recovery Drug (X1)	Bike Special Needs						
Medical	Immodium	Bike Special Needs						
Medical	Zantac	Bike Special Needs						
Medical	Tums	Bike Special Needs						
Tools	Spare Tubes and Co2 (x2)	Bike Special Needs						
Misc.	Map/Directions	Car						
Food	Oatmeal Singles	Frig	Oatmeal Singles					
Food	Coffee	Frig					Starbucks Fri Nite	
Food	Milk 2%	Frig						
Food	Coke/Mountain Dew	Frig						
Food	Water	Frig					Water	
Food	Cereal	Frig						
Food	Bananas	Frig					Bananas	
Food	Pay Day Candy Bars	Frig/Cooler	Pay Day Bars					
Food	Post Race Recovery Drink	Frig/Cooler	PowerBar Recovery					
Food	Coke/Mountain Dew	Frig/Cooler						
Food	Ice	Frig/Cooler					Ice	
Food	Chips/salty snacks	Frig/Cooler						
Food	Nutter Butter	Frig/Cooler					Nutter Butter	
Misc.	Baggies	Frig/Cooler	Baggies					
Misc.	Solo Cups	Frig/Cooler					Cups	
Misc.	Spoons, Forks, Knives	Frig/Cooler					Plastic forks/spoons	
Clothes	Backup Cycling Shoes	Hotel Bag						

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Clothes	Cool weather clothing	Hotel Bag						
Clothes	Glasses	Hotel Bag						
Clothes	Undies/Jammies/Regular Clothes & Shoes (Seven Days)	Hotel Bag						
Clothes	Running Tights	Hotel Bag						
Food	PowerAde Cannister	Hotel Bag	PowerAde Cannister					
Medical	Benadryl	Hotel Bag	Benadryl					
Medical	Hotel Toiletries	Hotel Bag	First Aid Kit					
Medical	Contact Lenses, Solutions, Spares	Hotel Bag						
Medical	Medicines (Nortriptyline, Rescue, Advil, Aleve, Ibuprofen)	Hotel Bag						
Misc.	2 Large Duffle Bags	Hotel Bag	2 Large Duffle Bags					
Misc.	5 large Stuff Sacks	Hotel Bag	5 Large Stuff Sacks					
Misc.	Water Bottles (12)	Hotel Bag	Buy 8 Water Bottles					
Misc.	Binoculars	Hotel Bag						
Misc.	Camera/Film/charger	Hotel Bag						
Misc.	Car Pillow (to sit on)	Hotel Bag						
Misc.	Cell Phone & Charger	Hotel Bag						
Misc.	Chalk for Road Signs	Hotel Bag						
Misc.	Wallet/Visa Card/Cash	Hotel Bag						
Misc.	Computer	Hotel Bag						
Misc.	Note Paper for Transition Bags	Hotel Bag						
Misc.	Plastic Bags (for dirty clothes and bike protection)	Hotel Bag						
Misc.	Post-Its (for bottle labels, etc.)	Hotel Bag						
Misc.	Reading glasses	Hotel Bag						
Misc.	Sharpie for marking clothes	Hotel Bag						
Misc.	Hotel Toiletries	Hotel Bag						
Misc.	Temporary Tattoo	Hotel Bag						
Misc.	The Stick	Hotel Bag						
Misc.	Book To Read	Laptop Case						
Misc.	IBM PC and Case	Laptop Case						
Bike	Gel Flask Holder	On Bike						
Bike	Gel Flask (Vanilla PowerGel)	On Bike						

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Bike	Aero Bottle	On Bike						
Bike	Bento Box	On Bike						
Bike	Bike (BMC Superfast TT02)	On Bike						
Bike	CO2 Cartridges and Inflator	On Bike						
Bike	Race Wheels	On Bike						
Bike	Bike Toolkit/PatchKit/Levers	On Bike						
Food	Peanut Butter	On Bike					Peanut Butter	
Food	Fig Newtons	On Bike	Fig Newtons					
Food	Gel Tube	On Bike	Gel Tubes (x3)					
Food	Gels for Bike (X4)	On Bike	Gels					
Food	Nuun	On Bike	Nuun					
Food	PowerAde Singles	On Bike	PowerAde Singles					
Food	Utz's Pretzels	On Bike	Utz's Pretzels					
Food	Saltines	On Bike					Saltines	
Medical	Immodium	On Bike	Immodium					
Medical	Zantac	On Bike						
Medical	Migraine Recovery Drug (X1)	On Bike						
Misc.	Rain Bags	On Bike						
Tools	Multi-tool	On Bike	Multi-tool					
Clothes	Post-Race Towel	Post-race Bag						
Clothes	Post-Race Clothes	Post-race Bag						
Clothes	Post-Race Jacket	Post-race Bag						
Food	Post-Race Recovery Drink	Post-race Bag						
Food	Tootsie Pops	Post-race Bag						

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Medical	Neosporin	Post-race Bag						
Medical	Advil	Post-race Bag						
Medical	Ice Bag	Post-race Bag						
Medical	Ace Bandage (4 in.)	Post-race Bag						
Medical	Migraine Recovery Drug (X1)	Post-race Bag						
Medical	Blister Treatment	Post-race Bag						
Misc.	Moist Towelettes	Post-race Bag						
Misc.	Post-Race Soap	Post-race Bag						
Misc.	Post-Race Toothbrush/Toothpaste	Post-race Bag						
Food	Water Bottles	Pre-Race						
Medical	Bodyglide (X3)	Pre-Race						
Misc.	Pump	Pre-Race						
Misc.	Rubber Bands	Pre-Race						
Misc.	Cell Phone in Baggie	Pre-Race						
Misc.	Ipod	Pre-Race						
Misc.	Headlamp	Pre-Race						
Clothes	Gloves for cold	Run Special Needs						
Clothes	Long Sleeve Run Shirt for Cold	Run Special Needs						
Food	Enduralytes Tube and Enduralytes	Run Special Needs						
Food	Tootsie Pops	Run Special Needs						
Food	PowerGel x2	Run Special Needs						
Medical	Ace Bandages, Shin Splint Brace	Run Special Needs						
Medical	New Skin/Blister Pads	Run Special Needs						
Medical	Immodium	Run Special Needs						
Misc.	Chamois Butt'r	Run Special Needs						
Medical	Vaseline (pocket sized)	Swim	Vaseline					
Medical	Ginger Capsules	Swim						
Swim	Nose Clips (X3)	Swim	Nose Clips (X3)					
Swim	Ear Plugs	Swim						
Swim	Goggles - Clear	Swim						
Swim	Goggles - Spare	Swim						
Swim	Swim Cap	Swim						
Swim	Wetsuit	Swim						
Swim	Goggles - Dark	Swim						

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Bike	Bike Race Number	T1 Bag						
Clothes	Cycling Jersey	T1 Bag	Cycling Jersey					
Clothes	Arm Warmers	T1 Bag						
Clothes	Aero Helmet	T1 Bag						
Clothes	Cycling Shoes	T1 Bag						
Clothes	Bib Shorts	T1 Bag						
Clothes	Cycling Socks (Bolga and Wool)	T1 Bag						
Clothes	Doo Rag	T1 Bag						
Clothes	Sunglasses, Bike	T1 Bag						
Clothes	Towel	T1 Bag						
Food	Bike Bottles (Water and PowerAde	T1 Bag						
Medical	Chamois Butt'r	T1 Bag	Chamois Butt'r					
Medical	Eyedrops for Bike	T1 Bag						
Misc.	Contact Lenses	T1 Bag						
Misc.	Transition Bag Identification	T1 Bag						
Clothes	Cycling Leg Warmers	T1 Bag - Cold Weather						
Clothes	Cycling Knee Warmers	T1 Bag - Cold Weather						
Clothes	Gloves Winter	T1 Bag - Cold Weather						
Clothes	Gore Rain/Wind Jacket	T1 Bag - Cold Weather						
Clothes	Wool Socks	T1 Bag - Cold Weather						
Clothes	Cycling Hat (for rain)	T1 Bag - Cold Weather						
Clothes	Long Sleeve Jersey	T1 Bag - Cold Weather						
Clothes	Running Socks	T2 Bag	Bolga XL (X2)					
Clothes	Singlet or Other Shirt	T2 Bag						
Clothes	Towel	T2 Bag						
Clothes	Race Belt/Front Pack	T2 Bag						
Clothes	Running Hat	T2 Bag						
Clothes	Running Shoes (2 pr. for multiple days, extra insoles)	T2 Bag						
Clothes	Running Shorts	T2 Bag						
Clothes	Sunglasses, Run	T2 Bag						
Clothes	Race Number	T2 Bag						
Food	Gel for Run (X2)	T2 Bag	Gels					
Food	Enduralyte Tube and Enduralytes	T2 Bag						

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Medical	Inhaler	T2 Bag						
Medical	Tums	T2 Bag	Tums					
Medical	Eyedrops for Run	T2 Bag						
Medical	Immodium	T2 Bag						
Medical	Zantac	T2 Bag						
Medical	Lip Sunscreen	T2 Bag						
Misc.	Contacts	T2 Bag						
Misc.	Transition Bag Identification	T2 Bag						
Tools	Spare Tires	Toolbox						
Tools	Spare Tubes	Toolbox						
Tools	Bike Tools	Toolbox						
Tools	Duct Tape	Toolbox						
Tools	Electrical Tape Red/Black	Toolbox						
Tools	Scissors	Toolbox						
Tools	Pledge	Toolbox						
Clothes	Road Helmet	Training						
Clothes	Run Belt and Bottles	Training						
Medical	Cajuputi Oil	Training						
Medical	Sunscreen	Training						
Swim	Anti Fog Drops	Training						
Swim	Racing Swim Suit	Training						
Clothes	Polar S3 Heart Rate Monitor/Strap	Wake-Up						
	Chip Strap / ChampionChip							
Clothes	DK5RAXH	Wake-Up						
Clothes	Pre-swim Hat	Wake-Up						
Clothes	Pre-swim sandals	Wake-Up						
Clothes	Pre-swim Sweatpants	Wake-Up						
Clothes	Pre-swim Sweatshirt	Wake-Up						
Medical	Ginger Capsules	Wake-Up						
Misc.	Inspirational Words for Bike & Run	Wake-Up						
Swim	Swimsuit(s) (Race and practice)	Wake-Up						