



T1 TRIATHLON

WORRY LESS. ENJOY MORE.

IRONMAN 70.3

PACKING CHECKLIST

Travel Tips:

- Pack your pedals, cycling shoes & tri suit in your carry-on so you have them IF your luggage gets lost in transit.
- Begin preparing for jet lag by shifting your sleep schedule to your race location 3-5 days prior to your trip. Make small adjustments to your schedule each day.
- Do not neglect your hydration while traveling. Believe it or not, flying can de-hydrate you.
- Prepare for proper nutrition ahead of time. Research where you can find food that you are used to at your destination.
- Have a local bike shop in your contact list so you have them available for emergencies, should they occur.
- Get moving as soon as you can after you arrive, even if it is just a leisure walk.

SWIM

Wetsuit
Goggles (Plus Spare)
Swim Cap
Earplugs
Chamois Cream
Swimsuit (for days leading up to event)

BIKE

Bike
Cycling Shoes
Cycling Socks
Helmet
Cycling Computer
Bike-specific Water Bottles
Cycling tools (multi-tool & tire levers)
Minimum 2 Spare Tubes
Bike Pump (or mini pump if flying)
Seat Bag with Tool Kit
Cycling Kit (for days leading up to event)
Cycling Gloves

RUN

Running Shoes
Hydration Belt (If you will be carrying your own fluids)
Run Clothing (for days leading up to event)
Elastic Laces
Extra Pair of Socks (to change into after the bike)

TRANSITION

Towel or Mat

OTHER

Tri Suit
Ear Plugs
Flip Flops
Sunglasses
Fitness Watch
Water Bottles
Race Belt
Hat or Visor
Racing Nutrition (Gels, Chews, Blocks, other items you have practiced with during training)
Sunscreen
Light jacket
Warm Clothes for Pre or Post Race
Pre-race Snacks
Salt tablets/Electrolytes
Toilet Paper (Believe me! This has saved me a few times!)
Race Details (printed AND on phone)

DO NOT PACK (IF FLYING)

CO2 Cartridges (you will have to purchase when you arrive unless you are relying on a hand pump)

