

Swimming

- Tri suit
- Wristwatch
- Goggles + backup pair
- Swim cap from race bag + backup cap
- Wet suit (If legal)
- Timing chip [neoprene](#) band (optional)
- Ear plugs (optional)
- Nose plugs (optional)

Biking

- Bicycle with bike number attached
- Bike helmet
- Bike shoes
- Bike pump
- Spare tire kit
- Water bottle or Camelback
- Socks
- Sunglasses
- Bike gloves (optional)

Running

- Running Shoes
- Race belt with number attached

Transition Area

- Towel
- Gel / Power Bar / Other nutrition; may want to tape these to your bike
- Extra [water bottle](#)
- Body glide
- Lip balm
- Sunscreen
- Bike tools (Leave in the car)
- Small basin for washing feet (optional)
- Anti-fog for goggles (optional)