

### TRAVEL ITEMS

- Valid Passport, VISA (if required)
- Photo I.D. (driver's license)
- Health insurance card
- Travel insurance documents
- Copy of official race registration documents
- National Membership license (USAT or other)
- Mobile phone, laptop, electronics
- Chargers, and 1-2 universal power outlet adapters
- Medications, vitamins, supplements
- Prescription eyewear (glasses, contact lenses)
- Road I.D. or emergency-responder wristband
- Credit card, debit card or AMEX
- Car keys and house keys
- Luggage tags for all items
- Air Tags as permitted by airline

### RACE WEEK ITEMS

- Lightweight jacket
- Sunscreen
- Sunglasses
- Comfortable clothing and shoes/sandals
- A few favorite snacks to keep in your room (store in airtight bags; place in checked luggage as permitted)
- Refillable water flask or bottle to stay hydrated

### SWIM GEAR

- 2 pairs of goggles (one for race day and a spare; we recommend one clear and one mirrored)
- Flip flops or sandals
- Swimsuit
- Wetsuit - Sleeveless or Full Sleeve if race legal.  
*(Pro Tip: Always bring what works best for YOU)*
- BodyGlide for easy in/out of your suit
- Trisuit or your race day kit
- Ear plugs and/or nose plugs if you use them regularly  
*(Pro Tip: Don't try anything "New" on race day!)*
- Swim cap for practice swims
- Lip balm
- Foggies or any other goggle de-fogging product
- Transition Bag
- Small towel

### RUN GEAR

- Running shoes and socks, if you wear them
- Race laces like Lock Laces for your shoes
- Running shoe inserts, if you use them
- Sunglasses for the run
- Vented race hat, visor, or head sweat band
- Electronics - watches, etc. and chargers
- Run belt for nutrition storage or race number belt for your bib number; optional safety pins

### BIKE

- Your bike and wheelset
- Helmet
- *(Pro Tip: Your race helmet should be in PRISTINE condition with manufacturer's stickers inside)*
- Bike shoes
- Bike pedals
- "Bento" box or other on-bike storage for nutrition
- Chamois Cream
- Pedal wrench, Allen wrenches, multi-tool
- Bike bottle cages and bottles (or bike hydration system)
- Spare tubes, tire levers if you race with clinchers
- Electronics - bike computer, power meter, chargers, etc.
- Sunglasses for the bike
- Zip Ties
- Electrical tape
- Special nutrition
- CO2 cartridges can be purchased at the Expo; never fly with CO2 cartridges

### POST-RACE ITEMS

- Jacket, light clothing to change into
- Clean socks / shoes / sandals any special post-race recovery products
- Protein Bar or snack