

SPRINT TRIATHLON PACKING LIST



SWIM

- **Tri suit or swim gear** (worn to start)
- **Goggles** (+ a spare pair, just in case)
- **Swim cap** (provided in your race packet, but bring an extra)
- **Anti-chafe** (Body Glide, Tri Slide, or your favorite)
- **Wetsuit or swim skin** (if applicable for race conditions)
- **Towel or small mat** to mark your transition spot



BIKE

- **Bike** (checked and race-ready—don't forget that tune-up!)
- **Helmet** (this one's mandatory)
- **Sunglasses** for sun and sweat protection
- **Cycling shoes** (clip-in or sneakers—whatever's your jam)
- **Socks** (optional—some BABEs go sockless for speed)
- **Water bottles** (filled and mounted on your bike)
- **Bike nutrition** (gels, bars, chews—whatever fuels you)
- **Flat kit** (spare tube, tire levers, CO2 cartridges)



RUN

- **Running shoes** (double-check those laces)
- **Hat or visor** for sun protection
- **Race belt with bib** already attached
- **Run nutrition/hydration**



EXTRAS

- **Transition bag or backpack** to carry it all
(pass off to your support crew once you're set up - can't leave this in transition)
- **Race confirmation + ID** (just in case)
- **Timing chip** (provided at packet pick—don't forget to put it on!)
- **Sunscreen** (apply generously and reapply as needed)
- **Towel or baby wipes** (a quick clean-up can feel like magic)
- **Flip flops or comfy shoes** for after the finish line
- **Dry clothes** for the ride home or post-race celebrations
- **Your favorite snacks or recovery drink**