

Triathlon Canada Sample Packing List

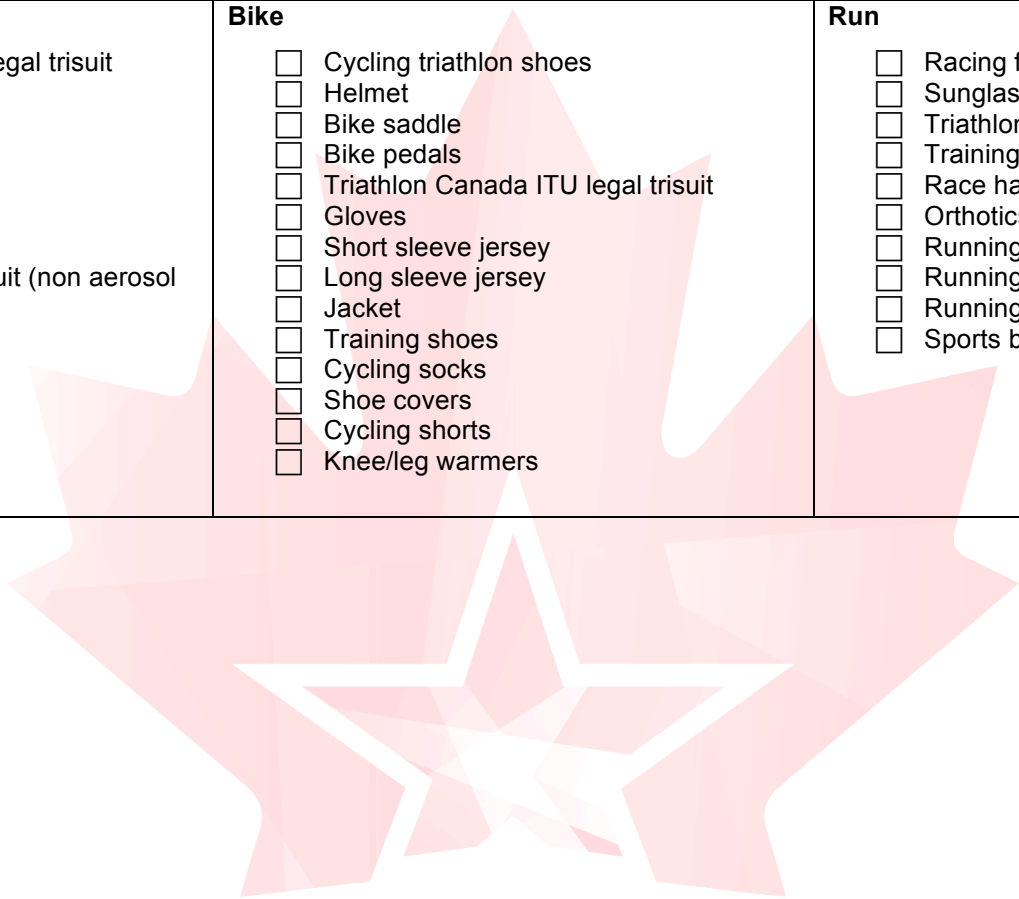
Here is a sample packing list to help reduce stress and remind you of necessary items NOTE important items will show up twice!

CARRY ON ITEMS		
Race Essentials <ul style="list-style-type: none"><input type="checkbox"/> Swim goggles<input type="checkbox"/> Cycling tri shoes<input type="checkbox"/> Racing flats<input type="checkbox"/> Helmet<input type="checkbox"/> Sunglasses<input type="checkbox"/> Bike saddle<input type="checkbox"/> Bike pedals<input type="checkbox"/> Triathlon Canada ITU legal trisuit	Personal <ul style="list-style-type: none"><input type="checkbox"/> Wallet<input type="checkbox"/> Local currency<input type="checkbox"/> Prescription medication<input type="checkbox"/> Prescription glasses<input type="checkbox"/> TUE(s)<input type="checkbox"/> Bike fit information<input type="checkbox"/> Hand sanitizer<input type="checkbox"/> Cell phone and entertainment items<input type="checkbox"/> Water bottle (1 L)<input type="checkbox"/> Travel food<input type="checkbox"/> Eye shades<input type="checkbox"/> Neck pillow<input type="checkbox"/> Sandals or slippers<input type="checkbox"/> Compression socks<input type="checkbox"/> Physio ball<input type="checkbox"/> Yoga mat	Documents <ul style="list-style-type: none"><input type="checkbox"/> Passport and travel visa (if applicable)<input type="checkbox"/> Birth certificate<input type="checkbox"/> Government issued ID<input type="checkbox"/> Triathlon Canada International Competitor Card<input type="checkbox"/> Flight, accommodation and shuttle information

Triathlon Canada Sample Packing List

Here is a sample packing list to help reduce stress and remind you of necessary items NOTE important items will show up twice!

SPORT SPECIFIC		
Swim <ul style="list-style-type: none"><input type="checkbox"/> Triathlon Canada ITU legal trisuit<input type="checkbox"/> Wetsuit<input type="checkbox"/> Swim goggles<input type="checkbox"/> Spare goggles<input type="checkbox"/> Training suit<input type="checkbox"/> Anti-fog Solution<input type="checkbox"/> Training caps<input type="checkbox"/> Non-stick lube for wetsuit (non aerosol only)	Bike <ul style="list-style-type: none"><input type="checkbox"/> Cycling triathlon shoes<input type="checkbox"/> Helmet<input type="checkbox"/> Bike saddle<input type="checkbox"/> Bike pedals<input type="checkbox"/> Triathlon Canada ITU legal trisuit<input type="checkbox"/> Gloves<input type="checkbox"/> Short sleeve jersey<input type="checkbox"/> Long sleeve jersey<input type="checkbox"/> Jacket<input type="checkbox"/> Training shoes<input type="checkbox"/> Cycling socks<input type="checkbox"/> Shoe covers<input type="checkbox"/> Cycling shorts<input type="checkbox"/> Knee/leg warmers	Run <ul style="list-style-type: none"><input type="checkbox"/> Racing flats<input type="checkbox"/> Sunglasses<input type="checkbox"/> Triathlon Canada ITU legal trisuit<input type="checkbox"/> Training shoes<input type="checkbox"/> Race hat<input type="checkbox"/> Orthotics<input type="checkbox"/> Running shirt<input type="checkbox"/> Running shorts<input type="checkbox"/> Running socks<input type="checkbox"/> Sports bra



Triathlon Canada Sample Packing List

Here is a sample packing list to help reduce stress and remind you of necessary items NOTE important items will show up twice!

SPORT SPECIFIC		
Bike Equipment <ul style="list-style-type: none"><input type="checkbox"/> Bike<input type="checkbox"/> Race wheels<input type="checkbox"/> Training wheels<input type="checkbox"/> Rubber bands<input type="checkbox"/> Bike computer / Power meter<input type="checkbox"/> Water bottles (3)<input type="checkbox"/> Cycling triathlon shoes<input type="checkbox"/> Helmet<input type="checkbox"/> Bike saddle<input type="checkbox"/> Bike pedals<input type="checkbox"/> Cycling training shoes<input type="checkbox"/> Bike fit information	Personal Tools <ul style="list-style-type: none"><input type="checkbox"/> Allen keys, screwdrivers or multi-tool<input type="checkbox"/> Pedal wrench (if needed)<input type="checkbox"/> Torque wrench as required<input type="checkbox"/> Brake/shift cable cutter<input type="checkbox"/> Electronics chargers (power meter, computer, shifting, GPS, etc.)<input type="checkbox"/> Floor pump<input type="checkbox"/> Tire levers<input type="checkbox"/> Chain cleaning brushes (no solvents or liquids)<input type="checkbox"/> Valve stem extenders (if needed)<input type="checkbox"/> Electrician's tape<input type="checkbox"/> Assorted zip ties<input type="checkbox"/> Tubular glue if you use tubular tires<input type="checkbox"/> Shop wipes/towel/rags for cleaning<input type="checkbox"/> Vinyl or latex gloves	Personal Spare Parts <ul style="list-style-type: none"><input type="checkbox"/> 2-3 new spare inner tubes<input type="checkbox"/> 2 new tires<input type="checkbox"/> 2 new tubulars (pre-glued and stretched)<input type="checkbox"/> Spare derailleur hanger<input type="checkbox"/> 1-2 spare bar end caps<input type="checkbox"/> 2 compatible brake cables<input type="checkbox"/> 2 compatible shift cables<input type="checkbox"/> 30 cm spare brake cable housing<input type="checkbox"/> 30 cm spare shift cable housing

Triathlon Canada Sample Packing List

Here is a sample packing list to help reduce stress and remind you of necessary items NOTE important items will show up twice!

OTHER		
<p>Local Weather</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pre/post race clothing <input type="checkbox"/> Rain gear <input type="checkbox"/> Singlet <input type="checkbox"/> Warm Clothing 	<p>Medical</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prescription Medication <input type="checkbox"/> Prescription Glasses <input type="checkbox"/> TUE(s) <input type="checkbox"/> First aid kit <input type="checkbox"/> Personal non-prescription medications <input type="checkbox"/> Physio ball <input type="checkbox"/> Yoga mat <input type="checkbox"/> Foam roller <input type="checkbox"/> Stick <input type="checkbox"/> Thera bands <input type="checkbox"/> Compression socks, shorts, shirt <input type="checkbox"/> Toilet kit <input type="checkbox"/> Ear plugs <input type="checkbox"/> Hand sanitizer 	<p>Casual Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shirts <input type="checkbox"/> Pants <input type="checkbox"/> Underwear <input type="checkbox"/> Socks <input type="checkbox"/> Shoes <input type="checkbox"/> Jacket
<p>Logistics</p> <ul style="list-style-type: none"> <input type="checkbox"/> Passport <input type="checkbox"/> Visa (if applicable) <input type="checkbox"/> Wallet <input type="checkbox"/> Local currency <input type="checkbox"/> Government Issued ID <input type="checkbox"/> Copy of all medical prescriptions <input type="checkbox"/> TUE(s) for meds <input type="checkbox"/> Classification history/paperwork <input type="checkbox"/> Bike fit information <input type="checkbox"/> Flight, accommodation and shuttle information 	<p>Personal</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pillow <input type="checkbox"/> Flip Flops/Sandals <input type="checkbox"/> Sun Block <input type="checkbox"/> Wrist Watch <input type="checkbox"/> Cell phone and entertainment items <input type="checkbox"/> Water bottle (1 L) <input type="checkbox"/> Eye shades <input type="checkbox"/> Neck pillow 	<p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> BodyGlide or lube <input type="checkbox"/> Energy drink <input type="checkbox"/> Energy bars/gels <input type="checkbox"/> Supplements <input type="checkbox"/> Race morning foods <input type="checkbox"/> Heart Rate Monitor <input type="checkbox"/> Heart Rate Monitor Chest Strap