



Packing List

This is a recommended Packing List helping to prepare for Triathlon races and make you finish with a smile on your face!

Swim	Bike	Additional
Towel	Bike	Chip
Swim Goggles Mirrored	Extra Tube	Chip Band
Swim Goggles Clear	Bike Tools	Helmet Stickers
Extra Swim Cap	Bike Pump	Bike Stickers
Wetsuit	Bike Shoes	Band / Belt Bib Number
Flip Flops	BikeBag for Nutrition	Water & Electrolytes
Run	Goggles	Gels & Bars
Shoes	Helmet	Sun Cream
Cap	Drinking Bottles	Tri Suit
Goggles		Rain Jacket & Sleeves
Cap		Socks
		After Race Clothes
		Extra Run Shoes to Warm Up
		Watch & Watt Gadgets (CHARGED)

Important

Make sure you've used all your equipment before every race. Don't try out new equipment on Race Day. Rookies are highly recommended to train transition zone processes and build up self-confidence on every step of the way. Questions? Reach out any time!

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