



SWIM

- tri kit
- 2 sets of goggles
- swim cap
- wetsuit/swimskin
- ear plugs
- body glide
- plastic bag

RUN

- running shoes
- race belt
- hat/visor
- watch
- HR strap

BIKE

- bike shoes
- socks
- sunglasses
- helmet
- bike
- pump
- bike computer

SUPPLIES

- ID and USAT card
- towel
- water bottles
- change of clothes
- safety pin/zip tie
- sunscreen
- nutrition