

**Ironman 70.3 Triathlon - Gear  
Checklist**



**Got This  
Endurance LLC**

**Green**

Swim Cap  
Goggles - 2 pair  
Timing Chip  
Swim Skin  
Flip flops  
HR strap  
Vaseline  
Stingers, Gu and drink

**Bike - B1**

Helmet  
Shoes & Socks  
  
Gloves  
Sunglasses  
Nutrition Bag + Electrolytes  
  
Butt Butter  
  
Towel

**Other**

Computer  
Aero bottle + packet of mix  
  
ID & USAT Card  
Bike Pump  
Chain Oil  
Extra water bottle  
Head lamp

**Run - R1**

Shoes & Socks  
Number belt with Gel's attached  
Base Salt  
Hat  
Cooling towel  
Water  
gum