

Swim

Wet suit/speed suit

Swimsuit or trisuit or tri gear

Disposable shoes

Disposable water bottle

Goggles

Spare goggles

Swim cap

IRONMAN swim cap

Towel

Lubricant

Sunscreen

Pre-race nutrition (gel

sports drink)

Anti-fog spray

Bike

Bike

Shoes

Socks

Shirt

Shorts

Glasses (with lens options if possible)

Helmet

Lubricant

Bottles

Gels or nutrition bars

Chain Oil

Tools including CO₂ inflator or bike pump

Tubes

Sunscreen

Tri Kit

Spare wheel(s)

Spare tires

Bike gloves

Bike nutrition (gels

sports drink)

Run

Shoes

Socks

Hat

Lubricant

Bottle

Jacket

Salt tabs

Run kit

Race belt

Fuel belt or hand held

Race nutrition (gels

etc.)

Spare shoes