

SWIM



- Body Glide
- Cap
- Goggles
- Spare Goggles
- Wetsuit
- Towel

BIKE



- Bike
- Race Nutrition Bottles
- Bike Computer
- Race Wheels
- CO2 Cartridge
- Spare Tube
- Cycling Shoes
- Sunglasses
- Floor Pump
- Tire Levers
- Helmet
- Valve Stem Extenders

RUN



- Hat
- Running Shoes
- Socks
- Sunglasses
- Race Number Belt
- Watch
- Run Nutrition

CLOTHING

- Post Race Clothing
- Extra Clothes For Weather
- Tri Suit
- Warm-Up Run Shoes
- Warm-Up Clothing

MISCELLANEOUS

- Energy Drink
- Extra Nutrition
- Gear/Transition Bag
- Head Light/Flash Light
- Heart Rate Monitor
- Sun Block
- Timing Chip
- Personal Medical Items (glasses, inhaler, etc)