

Tri Packing Guide

PRESENTED BY LIV

SWIM

- Wetsuit
(if allowed/required)
- Tri suit
- Swim goggles
(and spare pair)
- Swim cap
- Anti-chafing
cream / Body Glide
- Towels
- Swim Skin Optional if
Non-wetsuit Swim

BIKE

- Bike
- Helmet
- Cycling shoes
- Bike tools and spare parts
(multi-tool, tire levers, spare
tubes, CO2 cartridges or
pump)
- Water bottles and
hydration system
- Bike travel case or box
- Floor pump or mini pump
- Bike computer/GPS If used
- Sunglasses
- Bike nutrition
(gels, bars, etc.)

RUN

- Running shoes
- Running socks
- Cap or visor
- Sunglasses
- Running watch

NUTRITION

- Pre-race meals and snacks
- Race day nutrition
(gels, bars, electrolyte drinks)
- Hydration system (bottles, camelbak, etc.)
- Electrolyte tablets or powders
- Post-race recovery nutrition

TRANSITION

- Elastic Bands
- Talcum powder
- Towel
- Race Belt

