

Packing List

Swim Gear

- Swimsuit
- Swim towel
- Swim cap
- Goggles
- Spare set of goggles
- Paddles (optional)
- Snorkel (optional)
- Water bottle
- Pull Buoy

Bike Gear

- Bicycle (road bike preferred but triathlon bike is OK)
- Helmet
- Warm and cold weather riding gear
- Bike shoes
- Shoes covers (optional)
- Arm/leg warmers
- Socks
- Gloves
- Bike lights, rear red blinker and front headlight (optional but encouraged)
- Sunglasses
- Bike jacket
- Flat kits (USAT will provide pumps and Co2)
- 2-3 extra tubes
- 3-4 water bottles
- Bike computer (optional)
- Nutrition (USAT will have SAG but prepared to carry your own nutrition if you need it)

Run Gear

- Running apparel (50-60 degree temps)
- Hat
- Sunglasses
- Socks
- Sunscreen
- Running watch
- Running shoes

Other

- Leisure clothes
- Chamois Cream
- Sunblock
- Any special nutritional products
- Toiletries and shower supplies

We will have nutritional items, water, and sports drinks. Please plan to bring your own if you want something specific.

Renting a bike: If you are planning on renting a bike, please don't forget your pedals, helmet, and shoes. It would also be helpful if you were able to provide your saddle height of fit measurements.

