



Team USA Suggested Essentials Packing List

Recommended to keep an inventory of everything in your bags in case they are lost, and a pic on your phone of your bike, case, and other essential items and documents. Always leave a copy of important documents with someone at home. Be sure to check your airlines baggage policies for number, size, weight, and cost of baggage.

Personal Bag (Backpack)-(Label with Team USA/Name/Contact Info)

- Wear:** wear run shoes/-warmup jacket/pants/socks, calf sleeves/(GPS) watch
- Docs:** boarding pass, passport, vaccine record, credit card(s), cash, photo ID, international medical/travel insurance docs, Signed Race Waiver, Directions to lodging, course maps/schedule
- Devices:** Phone/other mobile devices; Device chargers: (watch, phone, Di2 shifters if used, cyclometer); bluetooth ear buds, voltage convertor/plug adaptors per country
- Personal Items:** hand sanitizer, face masks, glasses/sunglasses, hat, ear plugs, travel neck support, bike bottle

Carry-on Bag (Label with Team USA/Name/Contact Info)

- Race essentials:** race kit, race bib belt (with bottle/nutrition holders if used), race nutrition/hydration packets/bike bottle(s)
 - Bike:** helmet, cycling shoes, cyclometer/mount, gps heart rate strap if used, rubber bands (for flying mounts if used)
 - Run:** extra run shoes, elastic laces or lace locks if used, 2 pr. race socks

Swim: wetsuit/2 pr. Goggles (clear/tinted)/(neoprene) swim cap/plastic bag (or wetsuit in Checked bag if limited room)

Essential Personal Items: essential meds (preferably in original containers, bring prescriptions for refills), toothbrush/paste, change of clothes/undies

Checked Bag (Label with Team USA/Name/Contact Info) Put Tracking Device Inside (ie Apple Air Tag available on Amazon)

Docs Copies: copies: passport, credit cards, photo ID, vaccine record

Parade Kit/Race Extras: base layers, arm warmers/coolers, calf sleeves, clear rain jacket, run hat/visor, transition towel/mat, 2 clear plastic bags, drawstring bag or backpack, body glide/anti-chafing lube, sunscreen, goggles antifog spray or No More Tears baby shampoo, pull cords for warmup

Clothing: extra everyday clothes/undies/socks/rain gear/jacket, flip flops/sandals

Personal Items: toiletries, KT tape, first aid kit (bandaids, antibacterial ointment), vaseline, powder, scissors, stretch/strengthen/recovery tools

Bike Bag (Label with Team USA/Name/Contact Info)-Put Tracking Device Inside (ie Apple Air Tag available on Amazon, except if using TriBike Transport)

Bike (securely attached to bag or box, padded/packed)

Tire Inflation: Tire Pump/adaptor/extender valve if used for deep rims or disc wheel

Spare Parts/Tools: extra tubes, bar end plugs, zip ties, electrical tape, tire levers, spare parts (ie spare Di2 cables, rotors, derailleur hanger), tools-Allen wrenches, pedal wrench, flashing light, lock

Nutrition/Hydration Gear: extra bike bottles/Bento box/hydration system if used