

### Triathlon Packing List

Type	Item	Gear Bag	Luggage	Carry On	Backpack	Buy Onsite
Food	Bagels					X
Food	Banana					X
Food	Beans & Rice					X
Food	Bowls		X			
Food	Bread					X
Food	Breakfast Bars					
Food	Chocolate Egg		X			
Food	Coffee					X
Food	Fruit					X
Food	Honey					X
Food	Kiefer Smoothie					X
Food	Milk (nonfat)					X
Food	Orange Juice					X
Food	Peanut Butter					X
Food	Pretzels		X			
Food	PureFit bars		X			
Food	Solo Cups					
Food	Spaghetti		X			
Food	Spaghetti Sauce		X			
Food	Special K		X			
Food	Spoons, Forks, Knives		X			
Food	Nutrition/Race Plan			X		