

### Triathlon Packing List

Type	Item	Gear Bag	Luggage	Carry On	Backpack	Buy Onsite
Misc	Ace Bandages					
Misc	Airborne					
Misc	Band-aids		x			
Misc	Bed Pillow					
Misc	Benadryl					
Misc	Cash				x	
Misc	Checkbook				x	
Misc	Cloth Tape		x			
Misc	Contact Lenses, Solution		x			
Misc	Cooler					
Misc	Dish Soap		x			
Misc	Dish Sponge		x			
Misc	Duct Tape					
Misc	DVDs			x		
Misc	Ear Plugs		x			
Misc	Electrical Tape		x			
Misc	Eyedrops		x			
Misc	Foam Roller					
Misc	Foam Roller (travel)	x				
Misc	Foot Roller	x				
Misc	Frozen Washcloth					
Misc	Funnel	x				
Misc	Glasses			x		
Misc	Lip Balm		x			
Misc	Luggage ID		x			
Misc	Map/Directions				x	
Misc	Medicines		x			
Misc	Melatonin		x			
Misc	Moist Towelettes					
Misc	Nail Clippers		x			
Misc	Neck Pillow					
Misc	Neosporin		x			
Misc	Nip Guards		x			
Misc	Paper Towels		x			
Misc	Passport					
Misc	Plastic Bags (bike cover)	x				
Misc	Plastic Bags (dirty clothes)		x			
Misc	Race Bag		x			
Misc	Race Number		x			
Misc	Road ID		x			
Misc	Shampoo/Conditioner		x			
Misc	Sharpie		x			
Misc	Stretch Band	x				
Misc	Sunscreen	x				
Misc	The Stick	x				
Misc	Timing Chip Strap		x			
Misc	Toiletries Bag		x			
Misc	Towel Wipes		x			
Misc	Transition Bag		x			
Misc	Transition Flashlight		x			
Misc	Transition Headlight		x			
Misc	Transition Towel		x			
Misc	Tweezers		x			
Misc	USAT Card				x	
Misc	Wallet				x	
Misc	Timing Chip		x			
Misc	Supplements/Vitamins		x			
Misc	Contact Lenses		x			
Misc	Swim Towel/Padding Towel		x			