

Triathlon Packing List

Type	Item	Gear Bag	Luggage	Carry On	Backpack	Buy Onsite
Nutrition	Amino Acids Powder	x				
Nutrition	BCAA powder	x				
Nutrition	Infnit Powder (bike)					
Nutrition	Infnit Powder (pre-race)	x				
Nutrition	Infnit Powder (run)					
Nutrition	Ironman Perform Powder	x				
Nutrition	Nuun tablets	x				
Nutrition	PowerBar Performance Bars	x				
Nutrition	PowerGel (2x)	x				
Nutrition	PowerGel (regular)	x				
Nutrition	Recovery Drink Powder					
Nutrition	Salt Capsules					
Nutrition	Water					x