

Triathlon Packing List

Type	Item	Gear Bag	Luggage	Carry On	Backpack	Buy Onsite
Run	Flask (soft)	x				
Run	Fuel Belt		x			
Run	Gloves		x			
Run	Hat		x			
Run	Long Sleeve Shirt for Cold		x			
Run	Pace Bands					
Run	Shoes (practice)		x			
Run	Shoes (race)		x			
Run	Sunglasses		x			
Run	Visor		x			
Run	Flask (handheld)	x				