

CAMP EQUIPMENT LIST

BIKE

- Bike (preferably a road bike, not TT)
- Helmet*
- Bike Shoes
- Gloves
- Sunglasses* (preferably shatterproof)
- 3 x Cycling Kits (cycling shorts and jersey) (4 x cycling kits optimal)
- Arm & Leg Warmers
- Wind/Rain Shell Jacket
- Chamois Cream (Chamois Butt'r will be provided)
- 2 x Spare Tubes
- 2 x CO2 inflator or mini/frame pump
- Water Bottles
- Bike Computer
- Mini Tool

RUN

- Running Shoes
- Run Apparel
- Run Hat

SWIM

- Wetsuit
- Swimsuit/Tri Suit
- Flip Flops
- Transition bag w/ any additional T1 equipment
- 2 Towels
- Body Glide
- 2 pairs of goggles – open water style preferred

MISCELLANEOUS

- Exercise/Yoga Mat
- Foam roller, roller sticks, lacrosse balls etc. Any equipment you like to use for recovery
- Any energy needs (hydration & nutrition) you prefer in lieu of what's provided
- Sunblock
- Any additional T2 equipment
- Laundry detergent (if you do not have 4 cycling kits, you can wash out your kit in bathroom sink)
- Identification
- Spare Cash
- Cell Phone
- Camera

*Required