

ESSENTIALS

- Tri Kit
- Race Number
- Timing Chip
- Sunblock
- Lube
- Watch
- HR Strap
- Sunglasses
- Transition Mat
- Towel

SWIM

- Wetsuit
- Goggles
- Extra Goggles
- Swim Cap

BIKE

- Bike
- Helmet
- Bike Shoes
- Bike Gloves
- Socks
- Nutrition
- Hydration
- Spare Tubes
- Tire Pump/CO2
- Tire Levers/Tools

RUN

- Running Shoes
- Hat / Visor
- Race Belt
- Hydration
- Nutrition