



# TRIATHLON CAMP PACKING LIST

## TRIATHLON GEAR & CLOTHING

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|--|---|
| <input type="checkbox"/> BICYCLE: CLEAN, TUNED AND READY TO RIDE                           | <input type="checkbox"/> JERSEYS (SHORT AND/OR LONG SLEEVE) |
| <input type="checkbox"/> HELMET  | <input type="checkbox"/> SHORTS/BIBS                        |
| <input type="checkbox"/> CYCLING SHOES/PEDALS (CARRY THESE WITH YOU IF TRAVELING BY PLANE) | <input type="checkbox"/> WIND VEST                          |
| <input type="checkbox"/> RUNNING SHOES   | <input type="checkbox"/> 1-2 LIGHTWEIGHT BASELAYERS         |
| <input type="checkbox"/> EYEWEAR/SUNGLASSES  | <input type="checkbox"/> RAIN JACKET                        |
| <input type="checkbox"/> HEART RATE MONITOR/ GPS WATCH/ POWER METER                        | <input type="checkbox"/> ARM WARMERS                        |
| <input type="checkbox"/> CHAMOIS CREAM   | <input type="checkbox"/> CYCLING & RUNNING SOCKS            |
| <input type="checkbox"/> SUNSCREEN   | <input type="checkbox"/> CYCLING GLOVES: SHORT FINGER       |
| <input type="checkbox"/> SMALL TOTE BAG FOR ANYTHING YOU WISH TO KEEP IN                   | <input type="checkbox"/> TOILETRIES                         |
| <input type="checkbox"/> SUPPORT VEHICLES  | <input type="checkbox"/> TRI SUIT OR SWIM WEAR              |
| <input type="checkbox"/> HAT / RUNNING VISOR   | <input type="checkbox"/> GOGGLES                            |
|  | <input type="checkbox"/> SWIM CAP                           |



## COLD WEATHER ITEMS JUST IN CASE

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|--|---|
| <input type="checkbox"/> LIGHT JACKET                      | <input type="checkbox"/> LONG FINGER GLOVES         |
| <input type="checkbox"/> MEDIUM WEIGHT JACKET              | <input type="checkbox"/> SHOE COVERS/BOOTIES        |
| <input type="checkbox"/> LONG SLEEVE AND/OR THERMAL JERSEY | <input type="checkbox"/> LEG/KNEE WARMERS OR TIGHTS |

## MORE INFORMATION

We will have sport drinks, food, spare tubes/tires, etc. in our support vehicles. Each day we will prepare bottles for your bike, and provide you with sports nutrition products for use during the camp.

If you have any questions about what to pack or what to look for when purchasing cycling clothing or supplies, please contact us at 866-355-0645 or [athleteservices@trainright.com](mailto:athleteservices@trainright.com).