MCC
MARILYN CHYCHOTA COACHING

Ironman Triathlon Packing List

_____ Anti Fog/ Baby Shampoo
_____ Bike
_____ Bike Charger
_____ Bike Shoes
_____ Bike Tools
_____ Chamois butter/ Aquaphor
_____ Contacts/ Glasses
_____ Floor Pump
_____ Foam Roller
_____ Fuel Belt
_____ Garmin
_____ Garmin Charger
_____ Goggles
_____ Hat
_____ Hair elastic (Extra)
_____ Headlight
_____ Heart Rate Strap
_____ Helmet
_____ iPad/ Computer and Chargers
_____ iPhone Charger
_____ Medications
_____ Nutrition- gels, drink mix, salt, etc
_____ Photo ID/ Passport
_____ Phone
_____ Pre-race gel/ nutrition
_____ Race belt
_____ Race Bottom
_____ Race Swim Cap
_____ Race Top
_____ Running Shoes
_____ Sharpie
_____ Shorts
_____ Skinsuit
_____ Socks
_____ Sunglasses Race
_____ Sunglasses Sporty
_____ Sunscreen
_____ Swim Cap
_____ Timing Chip
_____ Towel
_____ Transition Bag/ Backpack
_____ USAT Card
_____ Vitamins
_____ Water Belt
_____ Water Bottles
_____ Wetsuit/Skin Suit