

SWIM	PACKED?	T1	PACKED?	BIKE	PACKED?	RUN	PACKED?	TRANSITION BAG	PACKED?
<a href="#">neoprene swim cap</a>		<a href="#">Hot Shot x 1 in T1</a>		<a href="#">Aero Helmet</a>		Visor		Trash bags for rain	
<a href="#">Wetsuit</a>		<a href="#">pepto tabs / help settle stomach before swim start</a>		<a href="#">Gatorade Chews</a>		Shoes		Ziplock bags in case of rain	
<a href="#">speed suit</a>		<a href="#">Socks</a>		<a href="#">pepto tabs</a>		Change of socks for FULL IM		Poncho in case of rain	
<a href="#">neoprene booties</a>		tmat / laydown towel		<a href="#">Gatorlyte</a>		Bib belt		Jacket in case cold and delayed start	
<a href="#">garmin</a>		<a href="#">sunscreen</a>		water bottles x 4		<a href="#">pepto tabs</a>		Jeans	
garmin charger // charged up		Plastic baggies		<a href="#">Sports Drink</a>		<a href="#">Sun Glasses / goes in T2 if using helmet visor</a>		cargo shorts	
<a href="#">sunscreen</a>				<a href="#">UCAN hydrate</a>		<a href="#">anti chafing cream / less than 3oz if in carry on</a>		socks	
<a href="#">Goggles x 2</a>				<a href="#">Mio Energy</a>		<a href="#">Sports Drink</a>		Shirt	
<a href="#">Ear Plugs x 2</a>				<a href="#">Clif bars</a>		<a href="#">sunscreen</a>		Under shorts	
<a href="#">anti chafing cream / less than 3oz if in carry on</a>				<a href="#">Hot Shot x 2 / if needed</a>		Band-aids		Hat	
<a href="#">Paddles / if time for workout before event</a>				<a href="#">Pop Tarts</a>				Towel	
<a href="#">Buoy / if time for workout before event</a>				tri headband				Head lamp // flashlight	
<a href="#">Kickboard / if time for workout before event</a>				<a href="#">air pump</a>		<b>FOOD</b>			
<a href="#">Fins / if time for workout before event</a>				<a href="#">Bike Sensors</a>		peanuts		<b>MISC</b>	
<a href="#">pepto tabs / help settle stomach before swim start</a>				<a href="#">Trainer if time for workout before race</a>		PB		Paper Towels	
<a href="#">Hot Shot x 1 before swim start</a>				Bike		peas		Clothes	
Water for bike and washing feet				Race Wheels		wraps		Alcohol wipes for tri tats	
<a href="#">under shorts</a>				<a href="#">Rear bottle cage</a>		reeces		Wipes	
<a href="#">tri top</a>				<a href="#">Multitool</a>		mayo packets		Flip flops / other shoes if shoes go into T2 bag	
<a href="#">tri shorts</a>				<a href="#">Tube patch kit</a>		fridge snacks		tshirts	
<a href="#">Tri Slide</a>		<b>BIKE PACKING</b>		<a href="#">Extra CO2 / consider cannot pack for flying - buy on site?</a>		freezer bag		computer and charger	
<a href="#">chews before swim</a>		Bike Box		<a href="#">Bike Shoes</a>		frozen cooler bag blocks		pillow	
tri tats		Packing Tape		<a href="#">Chain Lube / under 3oz if flying</a>		almond milk		water jugs	
<a href="#">anti chafing cream / less than 3oz if in carry on</a>		Take pedals off if packing bike		<a href="#">Valve Extenders</a>		chicken		shaker bottle	
Extra swim cap		<a href="#">Pedal wrench / if packing bike</a>		<a href="#">Extra tubes</a>		gatorade		Vitamins	
		Foam tubes if packing bike		<a href="#">Sun Glasses / goes in T2 if using helmet visor</a>		tuna		Sheets	
		<a href="#">Torq wrench for assembly</a>		Gloves in case cold		bananas			
		Scissors		Arm Warmers		utensils			
		Zip Ties		Bike Jacket		cheese sticks			
				Skull cap		prepacked over night oats			
				Gloves for assembly					
				Electrical tape					

