



Premier Endurance Coaching  
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## Gear List: What to Bring to a Triathlon

### Essentials

- Helmet
- License
- Running shoes
- Bike shoes
- Bike
- Directions to race
- Race numbers
- Timing Chip and Band

### Swim

- Body Glide
- Wetsuit
- Goggles (and spare goggles)
- Goggle defogger
- Swim cap
- Swim cords (for warmup on cold days)

### Bike

- Sunglasses
- Saddlebag

### Run

- Running hat or visor
- Speed laces
- Race belt
- Socks (optional)
- Fuel belt

### Transition/General

- Transition bag
- Race clothes
- Warm race clothes, if necessary (vest, jacket, arm warmers, wetsuit cap)
- Warmup clothes
- Sunscreen
- Transition zone towel
- Floor pump
- Electrical tape
- Rubber bands
- Race food, drink, and salt/electrolyte tabs
- Water bottles
- Tools and tubes to change a flat
- Extra bar-end plugs
- Post-race nutrition
- Towel for post-race
- Post-race clothes and shoes
- Garbage bag (for wet clothes)
- Medical kit
- Trainer or rollers for warmup (optional)
- Floor pump
- ID