

Swim		✓	Food/drinks	✓	Equipment	✓
	Swim cap				Wet suit	
	Goggles				Body glide	
	Sunblock					
	Helmet		1 gel pack		Tire changing levers	
	Sunglasses				2 tubes	
	Top		1 bottle, with energy drink		2 CO ₂ cartridges (w/ adaptor)	
	Race #, race belt					
	Towel					
	Running shoes					
	Socks					
	Running cap					