



Ironman Packing List

Breakfast

- Get everything ready the night before
- Water bottle (with electrolytes?) to sip on during the morning

Extra to take with you in the morning

- Headlamp
- Bike pump
- Extra hair elastics (if needed)

Put on your body in the morning

- Tri suit
- Timing chip
- Heart rate chest strap
- Chamois cream
- Sunblock
- Morning shoes
- Warm clothes

Morning Bag – take with you

- Wetsuit (if allowed)
- Goggles (bring extra)
- Tri slide
- Swim cap
- Sport watch
- Pre swim nutrition (gel?)
- Clothes for after

Put on your bike

- Liquid nutrition and water bottles
- Solid nutrition
- Bike computer
- Spare tube, leavers, CO2, speed chuck
- Bike number label



Ironman Packing List

Swim to Bike Bag

- Helmet
- Sunglasses
- Bike top if not wearing under wetsuit
- Socks (optional)
- Bike shoes
- Chamois butter
- Sunblock

Bike Special Needs Bag

- Nutrition you plan to pick up
- Extra nutrition just in case
- Small sachet of chamois cream
- Small pack of sunblock
- Extra tube and CO2

Bike to Run Bag

- Run shoes
- Socks
- Run top or shorts if changing
- Hat or visor
- Race belt and number
- Nutrition
- Hydration carrier (if using)

Run Special Needs Bag

- Nutrition you plan to pick up
- Extra nutrition just in case
- Small bag with Vaseline in case of blister
- Sleeves if you plan to come in after dark
- Extra socks