Nationals List

April 19, 2006

These are a few things you may want for nationals. Many of the items on this list are optional, and many are required. Use your good judgement, bring your uniform and goggles but don’t go out and buy a bike stand just for nats. Relax and have fun!!

1 Swim

- goggles (2 pair)
- swim cap/neoprene hood
- wetsuit
- bodyglide
- swimsuit
- booties
- tri uniform

2 Bike

- bike shoes
- helmet
- sunglasses
- rubberbands
- water bottles (2)
- aero bottle
- electrical tape/duct tape
- Gels, GUs, Clif Shot
- gel flask
- sports drink powder
- baby powder
- vaseline
- sunscreen
- socks (for warmup and if you race in socks)
- extra tubes
- pump
- lube
- rags
- CO2
- multi-tool
- extra tire
- race wheels
- tire levers
- bike stand
- gloves (long or short)
- jacket
• leg warmers/tights
• arm warmers
• hat

3 Run

• shoes
• hat/visor
• baby powder
• vaseline
• elastic laces
• number holder/race belt
• gel flask
• gels
• salt tablets/endurolytes
• sunscreen

4 Transition

• heart rate monitor
• sunscreen
• food
• towel
• extra water bottle
• race uniform

5 Other General Things

• vitamin I (ibuprofen)