Equipment:

Swimming:

- Transition Backpack
- Cap - Regular / Neoprene
- Wetsuit
- Goggles (Clear and Smoke)
- Back-up Goggles
- Race suit (or swimsuit or bike shorts/shirt/jog bra, etc.)

Cycling:

- Bike
- Helmet
- Bike Shoes
- Sun Glasses
- Water bottles
- Team singlet
- Spare Tubes (or tire for tubulars)
- Bike Pump or CO2 Cartridges

Cycling: Other Optional:

- Socks (if you wear them)
- Gloves (if you wear them)
- Spare wheels (optional)
- Chain lube/rag
- Bike lock

Running:

- Running Shoes
- Visor or cap
- Number Belt (or race number on singlet)

Transition Area:

- Towel - Large and hand
- Body Glide, Vaseline, Band-Aids, etc.
- Sunscreen lotion
- Sport drink
- Extra water bottle (for rinsing feet)
- Floor pump
- Advil, salt and/or other electrolyte supplements
- Energy bars and/or packets
- Food (special needs ":^)
- Black Electrical Tape
- Transition marker (balloon or yellow ribbon, etc.)
- Old Running Shoes or sandals (Rocky Transitions)
- Arm warmers, vest or extra long sleeve jersey
- Spare safety pins

Other:

- Watch
- USA Tri Card
- Entry Form/Confirmation/Directions
- Hotel Reservations/Directions
- Camera
- Race goals and personal mantra
- IPOD (for use b4 and after race only)

After Stuff:

- Cash stashed in transition bag
- Tevas or Sandles
- Shorts
- T-shirt/Sweatshirt
- Favorite after race recovery food/drink