

Ironman Distance- Night & Morning before leaving house

Refrigerator 2 full of hydrating drink (1 Eagleman bottle)
 1 full of water (Clif bottle)

Freezer 1 full of hydrating drink for Bike Special Needs (drop off at race site)
 1 small bottle full of hydrating drink for T2 Run Gear bag (put in T2 bag once at transition)
 1 small bottle full of hydrating drink for Run Special Needs (drop off at race site)

Sponsor tattoos (Clif + Arctic Ease)
Timing chip on ankle
Sunscreen (apply after tattoos)
Charging Joule
Charging Di2
Pump
Special needs bags
Headlamp (for working in dark race morning)

Wedding ring to husband

In Transition Drop off special needs bags
 Put frozen water bottle in run gear bag
 Put Joule on bike
 Cut Blok packages and put them in bento box
 Put Electrolyte tabs/gum in bento box
 Check and pump tires
 CycleOps Joule
 Warm up Jog
 Eagleman bottle in frame
 Clif bottle in Aero
 Sunscreen