

<b>Gear</b>	<b>Clothing</b>	<b>Nutrition</b>	<b>Misc</b>	<b>Gifts</b>	<b>Notes</b>
Anti-chafing product	Bike gloves	Bike and run nutrition - Bloks, Gels	Airlines tickets	Example - lip gloss, bracelets	
Bento box	Bike workout clothes x #days	Electrolytes	Clothes pins		
Bike	Dresses	Food for plane or travel	Cosmetic bag/Dopp Kit		
Bike charger for components	Extra racing clothes	Clif product; gels, bloks	Course maps		
Bike computer	Hat/Visor	Food shopping list	Curling iron		
Bike shoes	Hoodies	Hydration drink	Driver's License		
Calf sleeves	Jeans	Mustard packets	Driving maps to venues (googlemaps)		
Camera & battery charger	Race number belt	Protein drink	Eye mask - sleeping		
CO2 cartridges	Racing kit	Salt tabs	Hair brush		
Headlamp (looking at bike race morning)	Running shorts x #days	Sodium drink	Hotel confirm		
Helmets - aero and regular	Running top x #days	Vitamins/Supplements & case	Melatonin (sleeping aid)		
Laptop & charger	Shoes		Passport (if applicable)		
Money	Socks		Plastic baggies		
Music player & charger	Swimsuit		Phone change to international (if applicable)		
Phone & charger	Towels		Race instructions (race packet)		
Pit stop	Travel (airplane) clothes x 2		Rental car - confirm		
Pre race & recovery wraps (Arctic Ease)	Wristband		Rings		
Race numbers and timing chip			Safety pins		
Racing wheels			Sharpie		
Recovery Boots			Shaving cream		
Registration confirmation			Wallet		
Running shoes					
Sunglasses					
Sunscreen					
Swim cap					
Swim goggles					
Tatoos - sponsors					
Tire pump					
Tires & spare tubular tires					
Tools - bike					
USAT Membership Card					
Watches - GPS					
Water bottles					
Wetsuit - regular & speedsuit					