

Packing for Your Road Trip

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Whether you're contemplating your first tri or you've done a few, one of the more stressful aspects of preparation can be "what not to forget". As for me, I've done more than my share of races and over the years, I've forgotten various items that create a lot of unneeded stress on the trip. I've learned not to rely on my head when it comes to packing for a trip. I've developed a checklist that pretty much lists everything I'd need. You'll have to customize your own, but I've tried to include as many things below as I could think of (I don't pack all of these for myself but the list below is intended to be "food for thought" so that you can use it as a model from which to develop your own).

TRIATHLON PACKING CHECKLIST LONGER DISTANCE EVENTS

EVENT NAME/DATE: _____

	Nutrition, Vitamins, Supplements	Amount	✓
	Vitamins		
	E-Caps		
	Endurolytes		
	Anti-inflammatories		
	Energy Bars		
	Fig Newtons		
	Gels		
	Hydration Drink		
	Recovery Drink		
	Peanut Butter		
	Jelly		
	Bread		
	Blender		
	Snack Bags		
	1/2 Gallon Coleman Jug		
	Cycling		
	Bike		
	Cycling Shoes		
	Helmet		
	Sunglasses		
	Clean gloves		
	Spare tires and tubes		
	Quick Fills and adaptor (no quick fills on airlines)		

	Saddle bag for spare		
	Tools and cleaning stuff		
	Bags to protect o/night-seat, computer, etc.		
	Floor Pump		
	Running		
	Running shoes		
	Cap		
	Number belt		
	Swimming		
	Goggles		
	Wet Suit		
	Body Glide		
	"No Fog"		
	Swim suits		
	Clothing		
	Jet Stream		
	Cycling Shorts		
	Cycling Jerseys		
	Cycling extra layer		
	Run shorts		
	Run singlet		
	Run Tee-shirt		
	Run extra layer		
	Socks		
	Pre-Race/After-Race sweats		
	Heart Rate Monitor		
	Rain Gear		
	Ice Pack Velcro		
	Sandals		
	Misc/Other		
	Sun Screen		
	Transition Towels		

A few other thoughts for setting up your transition area:

- ⊕ Find a landmark near your transition spot so you can find it when you get out of the water and have the adrenaline pumping. Is your bike laterally across from a tree or telephone pole?

- ⌘ Reset your cycle computer.
- ⌘ Make sure your bike is in the gear you want to start off in.
- ⌘ Organize your gear and clothing. I put mine in the order that I'm going to dress in.
- ⌘ Loosen your shoelaces and/or velcro on your running and cycling shoes.
- ⌘ Lay your helmet straps outside of the helmet so that you can just grab the straps and pull the helmet onto your head and cinch the straps in one move.
- ⌘ If you wear socks, put them on to stretch them out a bit before setting them out in the transition area. Some people put body powder inside of them so they slide on easily.
- ⌘ Be familiar with the way out of and into the transition area so you can make your way smoothly and without stress. In my first few years of racing, it was not uncommon for me to get totally lost and flustered in a transition area!
- ⌘ **Make sure your bike is racked in the right spot!**