

TRIATHLON PACKING CHECKLIST

International age-group event travel | Bike-box + carry-on + race-day bag

CARRY ON - RACE ESSENTIALS	BIKE - WEAR	PERSONAL - TRAVEL
☐ Passport + birth certificate + govt ID ☐ Flight / accommodation / shuttle info (printed) ☐ Wallet + local currency ☐ Cell phone + charger + entertainment ☐ Prescription medication + glasses ☐ Travel food + 1L water bottle ☐ Eye shades + neck pillow + sandals ☐ Hand sanitizer + face mask ☐ Compression socks + physio ball	☐ Helmet + sunglasses ☐ Cycling tri shoes + training shoes ☐ Short sleeve jersey + long sleeve jersey ☐ Jacket + gloves + shoe covers ☐ Cycling socks (2-3 pair) ☐ Cycling shorts + knee/leg warmers ☐ Arm warmers	☐ Toiletries (travel size) ☐ Towel (quick-dry) ☐ Earplugs + sleep mask ☐ Phone + laptop + chargers ☐ Headphones ☐ Kindle / book ☐ Snacks (travel + race week) ☐ Reusable shopping bag
DOCUMENTS	BIKE - EQUIPMENT	MEDICAL / RECOVERY
☐ National federation membership card ☐ Travel insurance docs ☐ Emergency contacts (printed) ☐ Hotel booking confirmations	☐ Bike (boxed) + pedals + saddle ☐ Bike computer / power meter + mount ☐ Water bottles (3) ☐ Rubber bands + zip ties	☐ First aid kit (blister care, ibuprofen) ☐ Foam roller or massage stick ☐ Theraband / resistance bands ☐ Electrolytes + energy gels ☐ Protein bars / recovery food
SWIM (Race)	BIKE - TOOLS	RACE DAY BAG
☐ Wetsuit + non-stick lube (non-aerosol) ☐ Tri suit (race-legal) + training suit ☐ Swim goggles + spare + anti-fog ☐ Swim caps (2)	☐ Allen keys / multitool + pedal wrench ☐ Torque wrench (+ bits) ☐ Brake/shift cable cutter ☐ Tire levers (3) + mini pump/CO2 ☐ Electrician's tape + zip ties (assorted) ☐ Chain cleaning brushes ☐ Valve stem extenders ☐ Tubular glue (if tubular tires) ☐ Shop wipes / rags + vinyl gloves ☐ Electronics chargers (all devices)	☐ Transition towel ☐ Bib belt + race number ☐ Timing chip strap ☐ Body glide / anti-chafe ☐ Sunscreen (travel size) ☐ Race fuel (gels, bars, drink mix) ☐ Water bottles x2 (race day) ☐ Spare goggles + cap (T1) ☐ Race belt with number attached
RUN (Race)	BIKE - SPARE PARTS	BOX LABEL
☐ Racing flats + training shoes ☐ Race hat + orthotics ☐ Running shirt + shorts + socks ☐ Sports bra (x2)	☐ 2-3 spare inner tubes ☐ 2 new tires ☐ 2 new tubulars (pre-glued, stretched) ☐ Spare derailleur hanger ☐ 1-2 spare bar end caps ☐ 2 brake cables + 2 shift cables ☐ 30 cm brake housing + 30 cm shift housing	☐ Bike box label with contact info ☐ TSA-approved lock (if used) ☐ Baggage ID tag (outside)