

# IRONMAN® and IRONMAN 70.3® Packing List

Whether you are approaching an event for the first time or you're a seasoned athlete it's crucial to be prepared. Having peace of mind on race day goes a long way to having the best race possible. Below, you will find a comprehensive list of supplies you may need for your race.

| <b>You Must Have:</b> Driver's License or form of ID and Proof of Entry                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                |
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| <b>Swim</b>                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Bike</b>                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Bike Special Needs Bag<br/>(IRONMAN distance events)</b>                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>• Timing Chip</li> <li>• Swimsuit / Swim Apparel</li> <li>• Wetsuit (if applicable)</li> <li>• Official Race Swim Cap</li> <li>• Goggles<br/>(clear and dark lenses)</li> <li>• Anti-fog</li> <li>• Morning Clothes<br/>(disposable preferred)</li> <li>• Water Bottle with Morning Drink (disposable preferred)</li> <li>• Skin Lubrication / Anti Chafe cream</li> </ul> | <ul style="list-style-type: none"> <li>• Race Wheels</li> <li>• Charged Cycling Computer/ Heart Rate Monitor</li> <li>• Charged Components (if electric)</li> <li>• Pump</li> <li>• CO2 Cartridges and Adaptor</li> <li>• Spare tubes or tubular tires</li> <li>• Tire levers and mini tool</li> <li>• Valve extenders for race wheels (if applicable)</li> <li>• Saddle Bag/ Aero Bar Hydration System/ Bento Box</li> </ul>                          | <ul style="list-style-type: none"> <li>• Second Half of the Bike Nutrition</li> <li>• Tube and CO2 Cartridge</li> <li>• Skin Lubricant</li> </ul>                                                                              |
| <b>T1 Bag</b>                                                                                                                                                                                                                                                                                                                                                                                                     | <b>T2 Bag</b>                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Run Special Needs Bag<br/>(IRONMAN distance events)</b>                                                                                                                                                                     |
| <ul style="list-style-type: none"> <li>• Helmet</li> <li>• Sunglasses</li> <li>• Cycling Shoes</li> <li>• Race Top (if different)</li> <li>• Race Shorts (if different)</li> <li>• Socks (if used)</li> <li>• Skin Lubrication</li> <li>• Race Belt<br/>(with number if required)</li> <li>• Sunscreen</li> <li>• Cold/Wet Weather apparel (if needed)</li> <li>• Towel</li> </ul>                                | <ul style="list-style-type: none"> <li>• Running Shoes</li> <li>• Socks</li> <li>• Race Top (if different)</li> <li>• Race Shorts (if different)</li> <li>• Skin Lubricant</li> <li>• Hat or Visor</li> <li>• Race Belt / Fuel Belt with race number attached</li> <li>• Water Bottle</li> <li>• Sunglasses (if different from bike glasses)</li> <li>• Sunscreen</li> <li>• Electronics – Heart Rate Monitor etc. (if different than bike)</li> </ul> | <ul style="list-style-type: none"> <li>• Second Half of the Run Nutrition</li> <li>• Skin Lubricant</li> <li>• Sunscreen</li> <li>• Arm warmers/ long sleeve if you will be out past sundown</li> <li>• Motivation!</li> </ul> |

| Nutrition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Post-Race                                                                                                                                                                                                                                                 | General Optional Items                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p><b>Pack enough for pre-race days and workouts</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Electrolyte Drink / energy drink</li> <li>• Gels / Energy chews</li> <li>• Bars</li> <li>• Solid Foods</li> <li>• Gel Flasks and Holders</li> <li>• Water Bottles</li> <li>• Hydration Pack</li> <li>• Racing Vest</li> <li>• Aerobar Drink System</li> <li>• Electrolyte Holder</li> <li>• Ziploc Bags</li> <li>• Coffee</li> <li>• Mini Cooler</li> <li>• Blender (if needed)</li> </ul> | <ul style="list-style-type: none"> <li>• Mesh Bag for Dirty Clothes</li> <li>• Warm Clothes to Watch the Midnight Finishers</li> <li>• Recovery Drink/ Food</li> <li>• Soap/ Shampoo</li> <li>• Camera</li> <li>• Towel</li> <li>• Foam Roller</li> </ul> | <ul style="list-style-type: none"> <li>• Contact Lenses / Glasses</li> <li>• Skin Lubricants</li> <li>• Warm Clothes/ Rain Gear/ Umbrella</li> <li>• Assorted Training Apparel</li> <li>• GPS / Heart Rate Monitor/ Smart Watch/ Chest Strap /Watch</li> <li>• Sunscreen/ Lotion/ Spray /Lip Balm</li> <li>• Insect Repellant</li> <li>• Garbage Bags</li> <li>• First Aid/ Band-Aids/ Neosporin</li> <li>• Required Prescription Medications</li> <li>• Toothbrush /Toothpaste</li> <li>• Electric Tape / Clear Tape/</li> <li>• Ziploc Bags of Assorted Sizes</li> <li>• Bungee Cords, Velcro Straps</li> <li>• Black Marker Pen</li> <li>• Reflective Tape and Stickers</li> <li>• Swim Caps</li> <li>• Extra Goggles</li> <li>• Bike Cleaning Supplies</li> <li>• Car Bike Rack</li> <li>• Extra Running Laces</li> <li>• Scissors</li> <li>• Headlamp</li> <li>• Alarm Clock</li> <li>• Backpack</li> <li>• Venue Address and Directions</li> </ul> |