

JVAP PACKING LIST

Please note – this list only includes items needed for your training sessions! Any other personal or travel items are at the discretion of the athlete.

General

- Training computer (Garmin, Polar, Suunto, etc.) with heart rate, cadence and GPS (should be power capable if athlete has a power meter) – please make sure you have a computer that can also be mounted on your bicycle handlebar (or have a separate cycling computer)
- Heart rate monitor (chest strap)
- Sport water bottles (that will fit in a bike bottle cage)
- Body Glide or similar
- Sunscreen
- Sunglasses
- Wicking socks
- USAT card (domestic athletes)
- Any preferred nutrition/hydration products
- Compression apparel (if you use it)

Swimming

- Training swimsuit(s)
- Swim cap(s)
- Goggles
- Swim snorkel (front-loaded)
- Any swim aids you normally use
- Towel
- Deck shoes

Cycling

- Bicycle (road bike if you are training for draft-legal competition)
- Bicycle helmet
- Flat kit (tire levers, co2 cartridges, co2 inflator, spare tube)
- Spare tire
- Multi-tool
- Any specific tools necessary for breaking down or building your bike
- Rear taillight (and extra batteries/charger)
- Degreaser and lube
- Cycling shoes (tri shoes if you have them)
- Spare cleats
- Cycling kit(s)
- Cycling gloves (if you wear them)

Running/conditioning

- Training shoes
- Racing flats (with speed laces)
- Running apparel