

TX HPT CAMP PACKING LIST

Swim Gear:

Goggles (2)
Cap (2)
Swimsuit (2) and/or trisuit
Wetsuit (recommend bringing small plastic bags to help put on)
Body Glide or similar
Cold weather gear before/after swim
Towels (2)
Deck shoes (recommend warm shoes as we are outdoors)
Swim bands (with handles or paddles at the end)

Bike Gear:

Helmet (CPSC inspected, no damage)
Glasses
Rubber bands (small/thin so they break easily)
Flat kit - tire levers, spare tube (even if you are tubeless), CO2 cartridge & adapter
Rear light (for athletes doing group ride – front light also recommended)
Spare tire
Bike computer or watch (if you use it)
Heart rate monitor (if you use it)
Water bottles (2+)
Any nutrition/hydration product you want on the bike
Cycling/tri shorts and jersey(s)
Proper cold weather gear:

- Base layer top
- Full finger gloves
- Jacket (fitted, not baggy, windproof)
- Hat/ear warmers
- Tights or leg warmers
- Neck gaiter
- Warm socks
- Toe/shoe covers

Run Gear:

Run shoes (trainers)
Run shoes (racing with speed laces)
Watch/computer (if you use it)
Heart rate monitor (if you use it)
Run apparel (be prepared for cold weather)

Other Gear:

Mini resistance band (if you have it)
Yoga mat (can use dry towel)
Foam roller
Lacrosse ball or massage ball (if you have it)
Casual clothes
Hand warmers (strongly recommended!!)
Any snacks or hydration product you want during the weekend