

Swim Items

- Race Issued Swim Cap
- Spare Swim Cap
- Ear Plugs - if you use them
- Goggles - Dark or Clear Lenses
- Spare Goggles
- Anti-Fog Solution - use your own spit or wear goggles on a completely dry face
- Swim Suit/Swim Attire such as Tri Shorts & HH Jersey
- Sports Bra
- Wetsuit – if you are so inclined
- Body Glide – if you are using a wetsuit
- Timing Chip on Ankle Strap - you must have this on throughout the race
- Sunscreen on your body

Bike Items

- Bar-end Plugs – no open holes at the end of your handlebars
- Bike w/Race Number Attached
- Cycling Gloves – if you use them
- Cycling Shirt/Shorts - if Swimming in Swimsuit
- Cycling Shoes or Running Shoes
- Socks
- Helmet w/Race Number Attached
- Sunglasses
- Water Bottles or Camelback - Freeze the Night Before
- Flat Tire Kit w/CO2 or pump
- Electrical Tape
- Patch Kit
- Small Bike Bag
- Energy Gel/Bar/Drink – Affix to handlebars with tape or put in bike bag
- Sunscreen on your body

Run Items

- Hat/Headband
- Socks
- Running Shoes
- Orthotics – if you use them
- Yankz or No Tie Laces
- Sunglasses
- Fuel Belt – if you think you'll need additional energy/water on the run
- Water Bottle – there will be 2 water stations and sprinklers on the course
- Race Belt or Safety Pins for Race Number
- Sunscreen on your body

Additional Clothing

- Warm Clothing – for the morning
- Cheap or Gross Flip Flops – to wear and leave at Beach Start
- Post Race Clothing – although you'll want to stay in your HH jersey
- Rain Gear – if raining obviously

Misc. Items

- Directions to Race
- Directions for Family/Friends Coming to Race
- Timing Chip & Strap – see swim items
- Heart Monitor/Strap
- Advil
- Antibacterial Hand Wipes
- Toilet Paper – maybe but probably not
- Camera
- Contacts/RX Glasses
- Energy Bars/Drink/Gels – see bike items
- Money
- ID
- Waterproof Sun Block – the sun will be blazin'
- Small Towel for Transition Area
- Transition Bag Labeled with Your Name, Phone#, Race#
- 2nd Smaller Bag to Bring to Swim Start – if needed
- Victory Speech - seriously
- Post Race Drink & Snack – chocolate milk, champagne
- Phone w/ICE Number(s)
- Meeting Spot to Gather After Race – Highland Honey Canopy
- Your Smile, Positive Attitude & PMI

Congratulate yourself; you are about to become a triathlete for the FIRST, second or third time! You have trained well and are prepared. Cheer on those who pass you and those you pass. Have fun and run as fast as you can across the finish line with your arms up in the air for VICTORY!

Go Highland Honeys!