# IRONMAN® and IRONMAN 70.3® Packing List

In the triathlon world, completing an IRONMAN is the pinnacle of achievement. Whether you are approaching it 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.

**You Must Have:** Driver’s License or form of ID and Proof of Entry

<table>
<thead>
<tr>
<th>Swim</th>
<th>Bike</th>
<th>Bike Special Needs Bag (IRONMAN distance events)</th>
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</thead>
</table>
| • Timing Chip  
• Swimsuit / Swim Apparel  
• Wetsuit (if applicable)  
• Official Race Swim Cap  
• Goggles (clear and dark lenses)  
• Anti-fog  
• Morning Clothes (disposable preferred)  
• Water Bottle with Morning Drink (disposable preferred)  
• Skin Lubrication / Anti Chafe cream | • Race Wheels  
• Charged Cycling Computer/ Heart Rate Monitor  
• Charged Components (if electric)  
• Pump  
• CO2 Cartridges and Adaptor  
• Spare tubes or tubular tires  
• Tire levers and mini tool  
• Valve extenders for race wheels (if applicable)  
• Saddle Bag/ Aero Bar Hydration System/ Bento Box | • Second Half of the Bike Nutrition  
• Tube and CO2 Cartridge  
• Skin Lubricant |

<table>
<thead>
<tr>
<th>T1 Bag</th>
<th>T2 Bag</th>
<th>Run Special Needs Bag (IRONMAN distance events)</th>
</tr>
</thead>
</table>
| • Helmet  
• Sunglasses  
• Cycling Shoes  
• Race Top (if different)  
• Race Shorts (if different)  
• Socks (if used)  
• Skin Lubrication  
• Race Belt (with number if required)  
• Sunscreen  
• Cold/Wet Weather apparel (if needed)  
• Towel | • Running Shoes  
• Socks  
• Race Top (if different)  
• Race Shorts (if different)  
• Skin Lubricant  
• Hat or Visor  
• Race Belt / Fuel Belt with race number attached  
• Water Bottle  
• Sunglasses (if different from bike glasses)  
• Sunscreen  
• Electronics – Heart Rate Monitor etc. (if different than bike) | • Second Half of the Run Nutrition  
• Skin Lubricant  
• Sunscreen  
• Arm warmers/ long sleeve if you will be out past sundown  
• Motivation! |
<table>
<thead>
<tr>
<th><strong>Nutrition</strong></th>
<th><strong>Post-Race</strong></th>
<th><strong>General Optional Items</strong></th>
</tr>
</thead>
</table>
| **Pack enough for pre-race days and workouts** | • Mesh Bag for Dirty Clothes  
• Warm Clothes to Watch the Midnight Finishers  
• Recovery Drink/Food  
• Soap/Shampoo  
• Camera  
• Towel  
• Foam Roller | • Contact Lenses / Glasses  
• Skin Lubricants  
• Warm Clothes/ Rain Gear/ Umbrella  
• Assorted Training Apparel  
• GPS / Heart Rate Monitor/ Smart Watch/ Chest Strap /Watch  
• Sunscreen/ Lotion/ Spray /Lip Balm  
• Insect Repellant  
• Garbage Bags  
• First Aid/ Band-Aids/ Neosporin  
• Required Prescription Medications  
• Toothbrush /Toothpaste  
• Electric Tape / Clear Tape/  
• Ziploc Bags of Assorted Sizes  
• Bungee Cords, Velcro Straps  
• Black Marker Pen  
• Reflective Tape and Stickers  
• Swim Caps  
• Extra Goggles  
• Bike Cleaning Supplies  
• Car Bike Rack  
• Extra Running Laces  
• Scissors  
• Headlamp  
• Alarm Clock  
• Backpack  
• Venue Address and Directions |