Mindset ENDURANCE COLLECTIVE

ULTRA TRIATHLON GEAR CHECKLIST

SAMPLE PACKING LIST | 3-DAY STAGE RACE

Built for the 3-day stage format: swim and bike on Day 1, bike on Day 2, run on Day 3, with your crew vehicle following you. Rules for crews, vehicles and swim escorts differ from race to race, so read your race manual before you pack.

REQ Often on mandatory gear lists or in race rules. Confirm against your own race.

ATHLETE GEAR

Pack by leg so each bag is ready to grab

PAPERWORK

- [ ] Photo ID and race registration REQ
- [ ] Triathlon federation membership or license, if required REQ
- [ ] Crew names, contact details and signed waivers REQ
- [ ] Race manual, course maps and cue sheets, printed
- [ ] Lodging details for each night
- [ ] Medical information and emergency contacts

SWIM | DAY 1

- [ ] Swimsuit or tri suit
- [ ] Wetsuit, if the water temperature rules allow it
- [ ] Official swim cap, usually issued at check-in REQ
- [ ] Two pairs of goggles: clear and tinted
- [ ] Wetsuit lube or anti-chafe balm
- [ ] Waterproof sunscreen
- [ ] Earplugs
- [ ] Swim feeds in bottles your paddler can hand over
- [ ] Towel and a warm layer for the swim exit

TRANSITION TO THE BIKE

- [ ] Towel and a dry spot to change
- [ ] Bike kit and socks laid out in order
- [ ] Chamois cream
- [ ] Helmet, sunglasses and bike shoes
- [ ] First bottles and fuel already on the bike

BIKE | DAYS 1 AND 2

- [ ] Bike, serviced in the last few weeks
- [ ] Helmet that meets your race's safety standard REQ
- [ ] White front light and red rear light, charged REQ
- [ ] Race numbers for bike, helmet and jersey REQ
- [ ] Bike shoes
- [ ] A set of bike kit for each day
- [ ] Bike computer with both courses loaded
- [ ] Flat kit on the bike: tube, levers, inflator, multi-tool
- [ ] Arm warmers, vest and a rain jacket
- [ ] Gloves and sunglasses
- [ ] Phone for emergencies

RUN | DAY 3

- [ ] Two pairs of running shoes
- [ ] Several pairs of socks
- [ ] Shorts, shirt and a hat or visor
- [ ] Race number and belt REQ
- [ ] Handheld bottle or a light vest
- [ ] Anti-chafe balm and a blister kit
- [ ] Headlamp and reflective gear in case you are out near dark REQ
- [ ] Ice bandana or cooling towel
- [ ] Rain jacket and a warm layer

CREW, PADDLER AND VEHICLE

Your crew is your aid station for three days

SWIM ESCORT

- [ ] Paddler who is comfortable with the full swim distance REQ
- [ ] Kayak or paddleboard with paddle (some races supply these) REQ
- [ ] Life jacket for the paddler REQ
- [ ] Whistle and signal flag, if your race uses them REQ
- [ ] Dry bag: athlete feeds, water, spare goggles
- [ ] Written feed plan: what to hand over and when
- [ ] Paddler's own food, water, hat and sunscreen
- [ ] Phone in a waterproof pouch
- [ ] Plan for moving the boat after the swim

CREW AND VEHICLE

- [ ] Crew at or above your race's minimum size REQ
- [ ] One support vehicle within the race size limits REQ
- [ ] Licensed drivers, with a backup driver REQ
- [ ] Vehicle numbers and signage, plus tape to attach them REQ
- [ ] Phone that works on the local network, with a car charger REQ
- [ ] Full tank of fuel every morning
- [ ] Two coolers: one for drinks and ice, one for food
- [ ] Large water jugs and a plan for buying ice
- [ ] Athlete fuel in bins labeled by day
- [ ] Food and drinks for the crew
- [ ] First aid kit
- [ ] High-visibility vests for roadside stops
- [ ] Printed course maps and offline navigation
- [ ] Folding chair, towels and a blanket
- [ ] Spray bottle and sponges for cooling
- [ ] Notebook to log fuel and fluid intake
- [ ] Flashlight or headlamps
- [ ] Trash bags, paper towels and wet wipes

BIKE SPARES IN THE VEHICLE

- [ ] Floor pump
- [ ] Spare tubes and at least one spare tire
- [ ] Spare wheels, if you have them
- [ ] Chain lube and rags
- [ ] Hex keys, torque wrench, chain tool, quick link
- [ ] Spare cleats and bolts
- [ ] Chargers for lights, computer and electronic shifting
- [ ] Backup bike, if your race rules allow one

FUEL AND HYDRATION

- [ ] Carbs per hour planned for every leg
- [ ] Drink mix, gels, chews and solid food packed by day
- [ ] Electrolytes or sodium for your sweat rate
- [ ] Bottles mixed and labeled the night before
- [ ] Recovery drink ready at each finish line
- [ ] Dinner and breakfast planned for each night

EACH NIGHT BETWEEN STAGES

- [ ] Recovery meal soon after you finish
- [ ] Charge lights, bike computer, watch, shifting and phones
- [ ] Check the bike: tires, chain, brakes, lights
- [ ] Lay out tomorrow's kit and numbers
- [ ] Restock coolers, ice and fuel bins
- [ ] Set two alarms

MY ADDITIONS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____