

NEILS TRAINING-CAMP PACKING LIST

ELECTRONICS

- WATCH
- WATCH CHARGER
- BIKE COMPUTER (+ MOUNT)
- BIKE COMPUTER CHARGER
- AIRTAGS FOR LUGGAGE
- RUNNING HEADPHONES
- PLANE HEADPHONES
- HEART RATE STRAP
- LAPTOP
- LAPTOP CHARGER
- IPAD
- IPAD CHARGER

ACCESSORIES / OTHER

- VACCINE PASS
- SPANISH LOCATOR FORM
- PASSPORT
- BOOKS / KINDLE
- SUNGLASSES BIKE (+ CLEANER)
- SUNGLASSES RUN
- TOWEL (FOR TRANSITION)
- RECOVERY DRINK BOTTLE(S)
- TOILETRIES
- SWIMWEAR FOR SPA

NUTRITION, LOTIONS & POTIONS

- ENERGY GELS / BARS
- ENERGY DRINK POWDER
- PROTEIN / RECOVERY POWDER
- IBUPROFEN & PARACETAMOL
- VITAMINS
- CHAMOIS CREAM
- BODY GLIDE
- BLISTER PLASTERS
- SUNTAN LOTION

SWIM GEAR

- SWIM SHORTS x 2
- GOGGLES (+ ANTI-FOG)
- EAR PLUGS
- SWIM CAP x 2
- SWIM TOYS (KICK BOARD ETC)

SOCIAL WEAR / OTHER

CYCLING GEAR

- BIB SHORTS x 3
- TOP x 3
- UNDERWEAR x 5
- WIND JACKET
- RAIN JACKET (CHECK FORECAST)
- GLOVES
- BUFF x 2
- SOCKS x 6
- CYCLING SHOES
- HELMET
- WATER BOTTLES x 2
- SPARE TUBE
- PUMP & MULTI-TOOL
- TRI-SUIT
- PEDALS (& CHARGER)
- ARM WARMERS

RUNNING

- SHORTS x 2
- TOP x 3
- RUN SHOES
- SOCKS x 6
- RUNDERWEAR x 5
- RUN HAT(S)

