



Lightning Warriors Transition Bag Checklist

Starting from head down to the toes. Pack a few days prior if possible.

- Transition Area**
 - Small towel
- Clothing and gear**
 - Lightning Warrior triathlon kit/swimwear
 - Clothing Layer appropriately for weather and conditions
 - Lightning Laces for putting the shoes faster
 - Towel to wipe down after the race
 - Garbage Bags to keep clean clothes dry and separated from dirty
- Head and body**
 - Headbands to tie up long hair
 - Body Lube to avoid chafing
 - Sunscreen
- Nutrition**
 - Water bottles
 - Water to drink
 - Electrolyte Hydration
 - Snack (something easy to digest 30-60 minutes before the event)
 - Gel's for events longer than 60 minutes
- Swim**
 - Swim cap
 - Goggles
 - Anti Fog solution small bottle (ie baby shampoo)
 - Sandals (for spring weather)
- Bike**
 - Helmet
 - Sunglasses (Optional)
 - Bike shoes
 - Talcum Powder
 - Running shoes (if you are not using bike shoes)
 - Rubber bands for bike shoes
 - Socks (Optional)
- Run**
 - Running hat/visor (Optional)
 - Sunglasses (Optional)
 - Race Belt for Bib
 - Running shoes
 - Talcum Powder
 - Vaseline or Body Glide