



Iron Girl Duathlon Packing Checklist

This is a guideline for what you might need race day. Of course items you will need are based on your personal preferences.

BIKE

- Cycling Shoes
- Cycling Gloves
- Helmet (mandatory)
- Cycling Shorts
- Singlet
- Floor Pump
- CO2 accessories/cartridge
- Patch Kit
- Tool Set
- Socks
- Spare Tire
- Spare Tube
- Chain Lube
- Sunglasses
- Tire Levers (2)
- Water Bottle (2)

RUN

- Fuel Belt
- Race Belt
- Hat/Visor
- Running Shoes
- Running Shirt
- Running Shorts
- Socks
- Water Bottle



CLOTHING

- Flip Flops
- Post-race/awards clothes
- Sports Bra/Underwear
- Towel

MISC.

- Advil/Tylenol
- Transition Bag
- Camera
- Timing chip (Provided)
- Directions
- Energy drink
- Energy bar
- Energy gel
- Snack food
- Heart rate monitor
- Watch
- Wet Clothes Bag
- Spare car key
- Transition area towel
- Ipod/CD player (Not allowed for use during event!)
- Antibacterial gel
- Tissues