

# San Francisco Triathlon Club

## Spring Training Weekend Checklist



### What do I need to bring?

You will be camping for two days and two nights.

### Very Important Stuff to Remember:

- Bring one gallon of water for each person coming to contribute to the aid stations.
- Bring your dinner for Friday night
- Sunscreen!!!

### Some basic things you'll need:

- Tent
- Warm sleeping bag
- Pillow
- Full length sleeping pad
- Headlamp(s) and lantern(s)
- Camping chair(s)
- Toothpaste, tooth brush
- Extra toilet paper
- Personal/travel wipes. There are no showers.
- Shaving and other toiletries
- Cold weather jacket and clothes for nights.
- Warm weather clothes for day.
- Earplugs
- 1 gallon of water per person for the aid stations
- Any snacks you might want
- Re-useable plate, bowl, fork, knife, spoon, and cup.
- Cooler if you want your beverages/personal food on ice.
- Cash to buy club gear.
- An ink pen to write with.
- Dancing clothes / costume for Saturday night.
- First-aid kit (blister treatment, bandages)
- Prescription/over-the-counter medications
- Lip balm / chap stick
- Yoga mat or foam roller for Saturday clinic.
- Heart rate monitor with chest strap

### Swimming:

- Tri suit or swimsuit
- Wetsuit
- Cap
- Goggles
- Antifog solution for goggles
- Bodyglide / anti-chaffe
- Pre-race sandals or other footwear
- Towel

### Biking

- Don't forget your bike!
- Water bottles
- Spare tube / flat kit / tire levers / multi-tool
- Bike pump
- Helmet
- Sunglasses / eye protection
- Cycling Jersey, T-shirt or tank top
- Cycling shorts
- Cycling gloves, left & right
- Cycling socks
- Cycling shoes , left & right
- Gels/chews/bars / bike foods & drinks
- Chamois cream / anti-chaffe

### Running

- Running shoes, left & right
- Running socks
- Running jersey
- Running shorts
- Gels/chews/bars / run foods & drinks
- Cap / visor
- Sunglasses