

# GEAR BAG CHECKLISTS

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Training Systems**



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# GEAR BAGS

Layout your bags and put the things for each bag on top of the bag before you load it in. Here are checklists for each bag. Feel free to add to these lists so that you feel confident that you are prepared for the day.

## Morning Clothes Bag

- Goggles (Tinted and Clear)
- Race Swim Cap
- Wetsuit or Speed Suit
- Body Glide, TriSlide (my preferred product) or substitute of your choice
- Clothes for after the race
- Bottle of Water
- Any pre-race food you wish to take in
- Pre-Swim Chew or Gel
- Wet Wipes / Baby Wipes (Port-a-pots run out)
- Watch
- HR Strap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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# GEAR BAGS

## Bike Bag

- Helmet [with Visor if applicable]
- Sunglasses
- Bike Shoes and Socks
- Bike Shorts and Jersey with plenty of pockets for nutrition, etc.
- Bike Gloves [if you want to wear them]
- Chamois Cream [Plenty of it]
- Bike Computer [If you use one]
- Enough nutrition/hydration to execute fueling/hydration status flawlessly
- Bike Bottles
- Salt Tabs or substitute of your choice
- Chewable Mint Tums
- Wet Wipes
- Sunscreen
- Excedrin [has caffeine] or Tylenol
- Towel
- Bottle of Water
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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# GEAR BAGS

## Bike Special Needs Bag

[NOTE: Whatever you put in this bag and don't claim gets thrown away or donated.]

- Additional Nutrition
- 2 Tubes
- 2 CO2
- Electric tape
- Chamois Cream
- Band Aids
- Salt Tabs or substitute of your choice
- Sun Screen
- Excedrin [has caffeine] or Tylenol
- Wet Wipes
- Small bottle of carbonated water
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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# GEAR BAGS

## Run Bag

- Running Shirt and Shorts or Tri Kit
- Running Shoes
- Socks
- Cap/Visor [WEAR IT!]
- Sunglasses [If they weren't used on the bike]
- Foot powder or lube [Get feet as dry as possible after bike]
- Race Number on Race Belt
- Run Nutrition
- Salt Tabs or substitute of your choice
- Chewable Mint Tums
- Excedrin [has caffeine] or Tylenol
- Wet Wipes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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# GEAR BAGS

## Run Special Needs Bag

**[NOTE: Whatever you put in this bag and don't claim gets thrown away or donated.]**

- Have spouse and/or kids write you a note that you'll open when you get your special needs bag [trust me, this helps]
- Dry, comfortable socks
- Wet Wipes
- Salt Tabs or substitute of your choice
- Excedrin [has caffeine] or Tylenol
- Additional Nutrition which can be normal food [something you really like to eat that may give you a spark if you need it]
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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