



# Bag Packing List

## T1 (Post swim bag)

Helmet  
Bike shoes  
Sunglasses  
Vaseline

---

—

Stuff for first 50-60 miles a few things like:  
**PBJ Sandwich (or something you like) to eat before bike**  
**1 bottle of mix fluids - Consumed before bike**  
**Small hand towel/wash rag**  
**Frozen water bottle wrapped in aluminum foil (so you have 1 really cold water for bike)**

This all needs to be packed when you get the bags from packet pickup. Make a list, pack it, check it off the list and **DO NOT** go back through the bag. Once it is sealed, it is race ready. Do not "contaminate" it by going back through!

## Bike Special Needs Bag

**This will be your nutrition for the last half of the bike**

(you will not get back anything left)

**Another frozen/wrapped bottle of your mix (maybe 2)**  
**A few rewards.** For some it is a slice of pizza and others, 2 honey buns and a red bull. You do not know what you will want/need at this point so put a couple of treats along with a good solid for calories.

**Base Salt/Salt Tabs** (if you have been using)

Anything you feel you will need for the last half of the bike

## T2 Bag

Vaseline  
Socks  
Shoes  
Visor/Hat  
Glasses (If not used on bike)  
1 bottle of mix  
Nutrition for first half of run  
Number belt

---

## Run Special Needs Bag

**Extra pair of socks** (never know if you will need a pair)  
**More Vaseline** (see a trend here)  
**Nutrition** for last half of run

Red bull or some other energy drink to help power you the last part of the race. I would suggest freezing and wrapping in a lot of aluminum foil

If you have a small memento you may want to carry with you for the last half to help you maintain those positive thoughts.

This is where you can put a small snack or something. This is usually where people CRAVE salty. A lot of the foods we take in are very sweet so have something sweet and something very salty in here. One of those gigantic pickles can be a lifesaver here!

**"You have trusted the process and put in the work! Race day is your celebration lap of this amazing Journey, ENJOY it!"**

**~Your MRE Coaches**