

sTRive Training Weekend Packing List:

This list is broken down into three categories. **Highly recommended**, **recommended** and **optional**. **Highly Recommended** items are basically necessary to get the full experience. **Recommended** items are encouraged and may increase your overall enjoyment of the retreat. Lastly, **optional** items are luxuries that may add slightly to the weekend but are not necessary.

<p><u>Highly Recommended</u></p> <ul style="list-style-type: none"> • Running Shoes • Bike • Bike Shoes • Bike Helmet • Athletic attire • Socks • Warm and cool weather attire • Rain gear • Water bottle(s) • Toiletries (Soap, Shampoo, etc...) • Towel • Sleeping Bag/Blankets (Beds are single size) • Pillow(s) • Shoes that can get wet/dirty 	<p><u>Recommended</u></p> <ul style="list-style-type: none"> • Clothes that can get wet/dirty (2 pairs) • A flashlight/Headlamp • A watch/GPS Watch • Bike GPS • Hat/visor • Bug spray • Personal nutrition • Tri Kit • Bike nutrition pouch • Sunglasses •
<p><u>Optional</u></p> <ul style="list-style-type: none"> • Sandals/Slippers • Sunscreen • Hiking Shoes/Boots • A good book • Camera • Music Player/I-Pod • Extra snacks/nutrition • Special beverage wants (No alcohol, camp rules) • Small backpack • Nightlight ☺ 	<p>This is a good opportunity to try out anything you might use on Race Day. That includes, clothing, electronic equipment and nutrition.</p> <p>There will be a transition related activity, so bring with you what you will have in transition from the bike to the run.</p>