

Adventure Tri Clinic Packing List

Kayak (30-45 minutes) - bike shorts and a sport's t-shirt are convenient to wear for the entire event. Wear a baseball cap for sun protection while paddling and remember to apply sunscreen and lip balm.

Trail Run (45-60 minutes) – wear what you kayaked in. Road or trail running shoes are fine.

Mountain Bike (30-45 minutes) – a properly functioning bike preferably with front or dual suspension, helmet, cycling glasses*, gloves, water bottle or hydration pack. *Sunglasses may be too dark on the trails.

Snacks & beverages will be provided at aid stations along the route so there is no need to carry food or liquids, except for the bike portion.

Bring extra clothing to change into after, a small towel to wash off and a snack for the ride home. There are places nearby to buy food.

If arriving by train, pack everything in a backpack (please label) that you'll ride with from the train station.

The required bike permit may be purchased for \$5 at ticket booths, onboard trains and by mail. Visit <http://www.mta.info/bike/> for an application.

Please eat a good meal 1-2 hours before arriving, preferably one that is low in fat and rich in carbohydrates, protein, vitamins and electrolytes. Some suggestions: oatmeal, cereal, fruit and yogurt, white egg omelet, whole grain toast. Remember to drink plenty of fluids before the event, especially if it's hot.