

# Body and Mind Solutions

Athletic, Academic, and Life Coaching

## Swim

- |  |   |
|--|---|
| <input type="checkbox"/> Swim suit         | <input type="checkbox"/> Pam                                    |
| <input type="checkbox"/> Goggles           | <input type="checkbox"/> Swimcap                                |
| <input type="checkbox"/> Chalk/Baby Powder | <input type="checkbox"/> Swimsuits (for pre race swims)         |
| <input type="checkbox"/> Wetsuit           | <input type="checkbox"/> 2+ Towels (for drying and set-up area) |
| <input type="checkbox"/> BodyGlide         | <input type="checkbox"/> _____                                  |

## Bike

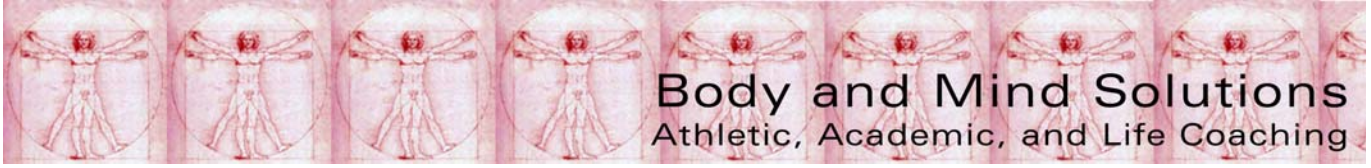
- |  |   |
|--|---|
| <input type="checkbox"/> Bike                | <input type="checkbox"/> Tools to rebuild bike    |
| <input type="checkbox"/> Helmet              | <input type="checkbox"/> Cycling Jersey           |
| <input type="checkbox"/> Biking shoes        | <input type="checkbox"/> Cycling Shorts           |
| <input type="checkbox"/> Floor Pump          | <input type="checkbox"/> Riding Vest              |
| <input type="checkbox"/> Hand Pump           | <input type="checkbox"/> Tubes                    |
| <input type="checkbox"/> Gloves              | <input type="checkbox"/> White Lightning/Tri Flow |
| <input type="checkbox"/> Glasses             | <input type="checkbox"/> Crappy towel             |
| <input type="checkbox"/> Socks               | <input type="checkbox"/> Water bottles            |
| <input type="checkbox"/> Electrical Tape     | <input type="checkbox"/> Grease                   |
| <input type="checkbox"/> Cycling Shoe Covers | <input type="checkbox"/> _____                    |

## Run

- |   |   |
|---|---|
| <input type="checkbox"/> Singlet            | <input type="checkbox"/> Running Shoes              |
| <input type="checkbox"/> Heart Rate Monitor | <input type="checkbox"/> Running Shorts             |
| <input type="checkbox"/> Running Hat        | <input type="checkbox"/> Race Brochure/Instructions |
| <input type="checkbox"/> Gloves             | <input type="checkbox"/> Number Belt (2)            |
| <input type="checkbox"/> Watch              | <input type="checkbox"/> _____                      |

## Other

- Arm Warmers
- Backpack
- Warm up pants
- Sunscreen
- Water Bottles
- Headband
- Rain Jacket
- Leg Sweats
- USAT card
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## **Food**

- PowerBars (Bars)
- Gatorade (Drink) Mix
- Gu (Gels)
- H2O Bottles
- Bananas
- Oatmeal
- \_\_\_\_\_
- \_\_\_\_\_

## **International Basics**

- |  |  |
|--|--|
| <input type="checkbox"/> Travelers' Checks       | <input type="checkbox"/> Razor                         |
| <input type="checkbox"/> Passport                | <input type="checkbox"/> Nail Clippers                 |
| <input type="checkbox"/> Visas (If Necessary)    | <input type="checkbox"/> Mall Mirror                   |
| <input type="checkbox"/> Hidden Money Belt       | <input type="checkbox"/> One Lipstick/Chapstick        |
| <input type="checkbox"/> Personal Kit            | <input type="checkbox"/> Eye Liner/Shadow              |
| <input type="checkbox"/> Comb, Brush, Or Pick    | <input type="checkbox"/> Sunblock                      |
| <input type="checkbox"/> Toothbrush And Paste    | <input type="checkbox"/> Roll Of Denspack Toilet Paper |
| <input type="checkbox"/> Dental Floss            | <input type="checkbox"/> Women specific goods          |
| <input type="checkbox"/> Small Roll-On Deodorant | <input type="checkbox"/> One Or Two Viscose Towels     |
| <input type="checkbox"/> Small Shampoo           | <input type="checkbox"/> _____                         |
| <input type="checkbox"/> Soap                    |  |