



PARTICIPANT CHECKLIST
(Listing of Basic Needs)

SWIM:

- | | |
|--|---|
| <input type="checkbox"/> Swim Suit (required) | <input type="checkbox"/> Swim Escort , well-conditioned (required) |
| <input type="checkbox"/> Towel (3 or more suggested)
(required) | <input type="checkbox"/> Escort Craft , non-motorized, $\geq 6'$ |
| <input type="checkbox"/> Goggles or face mask (check straps for wear!)
needed) | <input type="checkbox"/> Wetsuit or tri-suit (permitted, if |
| <input type="checkbox"/> Defog (use only if accustomed to it) | <input type="checkbox"/> Slippers (for pre- and post-swim) |
| <input type="checkbox"/> Swim Cap (provided and required) | <input type="checkbox"/> Plastic Bags (3 or more for wet clothing) |

BIKE:

- | | |
|--|---|
| <input type="checkbox"/> Bike , very reliable (required, minimum 10 speed) | <input type="checkbox"/> Tools (as needed) |
| <input type="checkbox"/> Bike Clothing , 2 sets
required) | <input type="checkbox"/> Helmet, hard-shell (ANSI or SNELL, |
| <input type="checkbox"/> Tire Pump + Computer
(required) | <input type="checkbox"/> Mirror, rear-view , on helmet or bike |
| <input type="checkbox"/> Spare Tires/Tubes (two required per no-feed zone)
required) | <input type="checkbox"/> Water Bottles, plastic (minimum of 2 |
| <input type="checkbox"/> Spare Wheels (as needed) | <input type="checkbox"/> Headlamp (required after sunset) |
| <input type="checkbox"/> Low Gear (39/23 suggested as a minimum)
restricted) | <input type="checkbox"/> Spare Parts (use of back-up bike |
| <input type="checkbox"/> Cycling Rain Gear (windbreaker, glasses, etc.)
suggested) | <input type="checkbox"/> Bike Shoes (2 pair w/ cleats attached |

RUN:

- Running Shoes** (check laces for wear!)
- Shorts/Tights** (required)
- Singlet/Shirt** (required)
- Hat, Sun-Visor, Headband, etc.**
- Socks**

OVERALL:

- | | |
|--|---|
| <input type="checkbox"/> Support Team (2 adults min, Captain must speak English) | <input type="checkbox"/> Photo ID + USAT License (required) |
| <input type="checkbox"/> Basic First Aid Training for team (recommended) | <input type="checkbox"/> Driver's License (especially support
driver) |
| <input type="checkbox"/> Support Vehicle , reliable, not to exceed one (required) | <input type="checkbox"/> Credit Card, Cash, Traveler's Checks |
| <input type="checkbox"/> Reflective tape/materials (required after sunset) | <input type="checkbox"/> Rain Gear, Jacket, and Warm-up
Suit |
| <input type="checkbox"/> Food, Drink, electrolyte replacement, etc. | <input type="checkbox"/> Flashlight or Electric Lantern |
| <input type="checkbox"/> Cooler (1 – 10 gallon provided by Ultraman) | <input type="checkbox"/> First Aid Kit/Medical Supplies |
| <input type="checkbox"/> Pillow, blanket, extra towels | <input type="checkbox"/> Camera and Film |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> This Information Kit |
| <input type="checkbox"/> Sunscreen (minimum SPF #15 recommended) | <input type="checkbox"/> Emergency Medical Information |

CLEARLY AND INDELIBLY LABEL ALL PERSONAL ITEMS!
ULTRAMAN IS NOT RESPONSIBLE FOR ANY LOSS!