

## Challenge Roth Packing List

### Personal Items:

- Passport valid for at least 6 months after the date you are leaving Germany and your photo I.D. (driver's license), plus one copy or photo of these items, in case you lose the originals
- Copy of all official Challenge Roth race registration documents
- Your USAT Membership license, or equivalent from your home country
- Mobile phone, laptop, electronics
- Chargers, and 1-2 universal power outlet adapters
- Any medications, vitamins, nutritional supplements, prescription eyeglasses, etc.
- Road I.D. or emergency-responder wristband (not a must, but always helpful)
- Credit card or AMEX (advise your financial institution in advance that you will be traveling internationally)
- A few cash Euros for incidentals (an ATM is located in or near our hotels)
- Car keys and house keys

### Race Week:

- A lightweight jacket
- Sunscreen – in the summer it's daylight in Germany until around 9:30 p.m.
- Sunglasses
- Comfortable clothing and shoes/sandals
- A few favorite snacks to keep in your room (stored in airtight bags; we place ours in our checked luggage)
- Refillable water flask to stay hydrated

### Swim:

- 2 pairs of goggles (one for race day and a "spare")
- Flip flops or sandals
- Swimsuit
- Wetsuit - Sleeveless or Full Sleeve. (**Pro Tip:** Use what works best for YOU)
- BodyGlide or TriGlide for easy in/out of your suit
- Trisuit or your race day kit
- Ear plugs and/or nose plugs if you use them regularly (**Pro Tip:** Don't try anything "New" on race day!)
- Swim cap for practice swims
- Lip balm
- Foggies or any other goggle de-fogging product
- Transition Bag
- Your tour "swag" will include a nice Challenge Roth Tours towel

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### Bike:

- Your bike and wheelset
- Helmet (*Pro Tip:* Your race helmet must be in PRISTINE condition with all appropriate manufacturer's stickers inside)
- Bike shoes
- Bike pedals
- Chamois Cream
- Pedal wrench and Allen wrenches (if you are assembling it yourself)
- Bike bottle cages and bottles (or bike hydration system)
- Spare tubes
- Tire levers (if you race with clinchers)
- Electronics – bike computer, power meter, chargers, etc.
- Sunglasses for the bike
- Zip Ties
- Electrical tape
- Special nutrition
- CO2 cartridges can be purchased at the Roth Expo

### Run

- Race day kit
- Running shoes
- Socks – if you wear them
- Race laces like “Lace Locks” for your shoes if you routinely train with them
- Running shoe inserts – if you use them
- Sunglasses for the run
- Hat or Visor
- Electronics – watches, etc. and chargers
- Run belt for nutrition storage
- Bib number race belt or safety pins

**SPECIAL NEEDS NOTE:** Challenge Roth is unlike other races in that there is **no such thing** as a “Special Needs Bag.” Please read the Challenge Roth Athlete Guide and notes on the race website regarding race day course nutrition (PowerBar for 2022), aid station placement, what’s provided at each aid station, etc.

### Post-Race Bag

- Jacket, light clothing to change into
- Clean socks / shoes / sandals any special post-race recovery products