



Triathlon Race Day Checklist

Swim

- ___ Swim Cap
- ___ Goggles & Back Up
- ___ Swim Suit/ Tri-suit
- ___ Wetsuit
- ___ Anti- Fog Drops
- ___ Pam/ Body Glide
- ___ Plastic Bag

Bike

- ___ Bike
- ___ Helmet
- ___ Sunglasses
- ___ Bike Shoes
- ___ Bento Box (1/2 Ironman +)
- ___ Bike Pump
- ___ CO2 Cartidges
- ___ Extra Tube
- ___ Bike Tools
- ___ Bike Gloves
- ___ Socks

Run

- ___ Shoes (quick ties)
- ___ Socks
- ___ Hat/Visor
- ___ Socks

General

- ___ Race Belt
- ___ Black Permanent Marker
- ___ Rubber Bands
- ___ Towel/s
- ___ Water Bottles
- ___ Sports Drink
- ___ Food
- ___ Gels/ Energy Bars
- ___ Race Number/ Safety Pins
- ___ General First Aid Kit
- ___ USAT Card
- ___ Photo ID
- ___ Sunscreen
- ___ Timing Chip
- ___ Anti Chaffing Product
- ___ Directions to Venue
- ___ Course Map
- ___ Post Race Clothes
- ___ Money
- ___ Racing Top
- ___ Arm Warmers/ Jacket