



TRIATHLON RACE DAY CHECKLIST

Swim

- Swim suit / Tri Suit
- Goggles
- Swim Cap
- Wetsuit
- 2 Towels
- Earplugs
- Body Glide
- _____
- _____

Bike

- Bike
- Spare tube
- Small air pump and CO2 Cartridge
- Bike bag with multi-tool and tire lever
- Bike gloves
- Sunglasses
- Helmet
- Water bottles
- Bike shoes
- Socks
- _____
- _____

Run

- Shirt
- Hat
- Sneakers
- Extra socks
- _____
- _____

Extras

- Energy bars/gels
- Sports drink
- Post race clothes
- Sandals
- Timing chip
- Race bib number
- Safety pins
- First-aid kit
- Large plastic garbage bag and a few small plastic bags (in case of rain)
- Watch/HRM
- Camera
- Sharpie
- Scissors
- Tape (electrical or duct)
- Sunscreen
- Chapstick
- _____
- _____

To Do

- Pick up race packet
- Review race course
- Fill water bottles
- Pin race bib on shirt or race belt
- Put bike in low gear
- Pump tires
- Put timing chip on ankle
- Place race numbers on helmet, bike, and swim cap
- Apply race number tattoo (if using)
- _____
- _____