

RACE CHECKLIST

Swim

- Swimsuit or Tri Suit / Tri shorts & Tri top
- Goggles
- Wetsuit
- Body Glide or lubricant
- Swim Cap provided by race
- Transition Towel

Bike

- Bike
- Helmet
- Cycling Shoes
- Socks
- Cycling outfit (shorts, top)
- Arm / leg warmers
- Bike Pump
- Water bottles
- Bento box
- Sunglasses
- Tools/ flat repair kit
- Tubes, Co2 cartridge & microinflate, tire levers, etc.
- Grease / chain lube
- Valve extenders for race wheels
- Pit stop for Tubular wheels
- Spare tire for Tubular wheels
- Carbon Breakpads for Race wheels
- Wheel magnet for Cycling computer (if using different wheels)

Run

- Run outfit (shorts, top)
- Running Hat, visor
- Sunglasses
- Running shoes / socks
- Orthotics
- Water Bottle / fuel belt

Race specific (varies by race)

- USAT card / identification
- Race instructions
- Race Packet (bike / helmet stickers, race numbers)
- Timing chip
- Swim Cap from Race
- Money / Credit Card

Race Nutrition

- Energy Bars, drinks, gels, Chews, Salt Pills, Water,
- Post-race protein drink
- Gel Flasks, fuel belt, water bottles, salt stick dispenser
- Breakfast (get the night before or make sure a store is open and will have your favorite pre-race food)

Other

- Plastic bags (to keep things dry and help you put your wetsuit on)
- Comb / brush / hair ties
- Flipflops / spare shoes
- Towel
- Plastic bin (to fill with H2O to quickly rinse sand off feet in transition area)
- Sunscreen
- Lip Balm
- Advil
- Prescription medication
- Toilet paper/ tissues
- Nail Clippers
- First Aid Kit
- Permanent Marker
- Electrical tape (for gels)
- Zip Ties
- Race Number Belt
- Watch / heart rate monitor
- Triathlon Bag
- Warm clothes for pre & post race
- Alarm Clock
- Ipod / music
- Hotel/lodging information
- Directions to race start
- Money / Credit Card