



Triathlon Race Checklist

SWIM

- Swim Suit or Tri Suit
- Swim Cap
- Wetsuit
- Goggles / Anti Fog Stuff
- Towel

BIKE

- Bike
- Bike Shoes
- Bike Helmet
- Socks
- Sunglasses
- Water Bottle / Liquid Nutrition
- Energy Gels / Snacks
- Pump / CO2 Cartridges
- Extra Tube / Tire / Levers
- Bike Gloves
- Bike Shirt
- Race Belt / Number
- Cover for Bike or Bike Parts
- Bar End Plugs

RUN

- Run Shoes
- Run Shirt
- Race Number on Belt
- Energy Gels
- Run Cap / Visor

MISCELLANEOUS

- Sunscreen
- Talcum Power
- Bucket for Water / Sitting
- Body Lubricant / Anti Chafe
- Permanent Marker
- Timing Chip
- Watch / GPS Unit
- ID / USAT Card
- First Aid / Therapy Aid