



TRIATHLON RACE CHECKLIST

GENERAL:

- Race Packet – with confirmation
- Race number on helmet
- Race number on bike
- Race number on race belt
- Timing chip/strap
- Directions to the race
- USAT Card/ID
- Watch and/or Heart Rate Monitor
- Sharpie for body marking
- Glasses /contacts/solution
- Breakfast Foods
- Post-Race Recovery Food
- Water Bottle(s) on bike or frozen
- Gel Flask- for run
- Water Belt (optional)
- Sunblock-applied and extra
- Camera/Cell Phone
- Chalk (to mark transition area)
- BioFreeze, etc (for muscle soreness)
- Clean clothes for after the race
- Extra Socks
- Plastic bag for race clothes
- Money/Card to purchase stuff
- Lock for bike (hotel)
- Flashlight/headlight

WEAR TO RACE:

- Uniform
- Watch/HR Monitor
- Timing Chip (on ankle)
- Hat
- Socks
- Running Shoes
- Sunglasses
- Sunblock-it soaks in better earlier
- Jacket/Sweats

SWIM:

- 2 towels – hand and swim
- 2 Goggles
- Swim Cap – RACE OFFICIAL
- Swim clothes – uniform or suit
- Wetsuit – in plastic bag
- Lubricant – spray or body glide
- Bucket to rinse feet (optional)
- Water bottle to rinse feet
- Flip Flops (\$1 disposable!)

BIKE:

- Bike!
- Helmet (Mandatory)
- Socks
- Sunglasses
- Bike Shoes/Clips (optional)
- Flat Tire Kit (tire irons, tubes, patches)
- Cartridges (2) or Pump
- Foot Pump
- Cycling Clothes (or uniform)
- Gloves (optional)
- Water Bottles
- Fuel for bike leg/bottles/packets

RUN:

- Running Shoes w/ yanks
- Running Shirt/Shorts (or uniform)
- Socks
- Hat
- Race Belt with number
- Flask/Water Belt/Hydration
- Sun Glasses

TRANSITION:

- Hand Towel/Transition Mat
- Bandana to tie around rack and mark your spot! ☺