TRIATHLON RACE DAY CHECKLIST

SWIM STUFF

_____ Tri Shorts
_____ Tri Top
_____ Lube
_____ Wet Suit
_____ Wet Suit Bag
_____ Goggles (defog)
_____ Swim cap
_____ Sunscreen
_____ Body Towel
_____ Feet Towl
_____ Baby Powder
_____ Nutrition
_____ Water (for feet)
_____ Drinking Water
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BIKE STUFF

_____ Bike
_____ Helmet
_____ Bike shoes
_____ Jersey/Singlet (Race #)
_____ Sunglasses
_____ Pump, patch kit, tools, CO2
_____ Water bottles
_____ Nutrition for water (Cytomax)
_____ Baby Powder
_____ Nutrition
_____
_____
_____

RUN STUFF

_____ Shoes
_____ Socks
_____ Shorts
_____ Singlet
_____ Hat/Visor
_____
_____

BACKPACK

_____ Plane ticket
_____ Maps
_____ To Do List
_____ MP3 player
_____ Reading Stuff
_____ Food for plane
_____ Water for plane
_____ Wallet (license, credit cards)
_____ Race instructions
_____ Sunglasses
_____ Meds, Vitamins, earplugs, eyemask
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MAIN BIG BAG

_____ Workout Clothes, Ts, Shorts
_____ Shoes, Sandals
_____ Tape
_____ Race Day Food
_____ Cash
_____ Heart Rate Monitor
_____ Chain Lube
_____ Bike Lock
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