

The Triathlon Checklist

Race morning and in T1

- Your swim outfit
- Warm up sweats
- Socks/shoes in which you can do a light jog on race day
- Wristband for transition area
- Timing chip
- Polar Watch w/ strap

- Cycling gloves
- Sunglasses
- Pump
- Electrical tape/gels /bars
- Tools/patch kit
- Co2 cartridges
- Extra tubes
- Drink bottles (filled)

Swim

- Perm. marker for body marking (before sunscreen)
- BodyGlide
- Swimcap (race cap) is mandatory that you wear it)
- Wetsuit w/emergency tag
- Goggles
- 1 lg & 1 sm towel (for drying and set-up area)
- Sunscreen (don't smear markings)
- Bottle of Water for rinsing feet & body

Run

- Running hat
- Running socks (if you wear them)
- Race belt w/race number
- Running shoes
- Gel, just in case
- Throw-away hydration bottle (if you use one)

Other

- Wet stuff plastic bag
- Dry clothes for AFTER Tri

Bike

- Bike w/race number
- Helmet w/ race number
- Biking shoes w/emergency tag
- Socks (if you wear them)
- Singlet or cycling top or both
- Chap Stick

Food recap

- Pre-race breakfast
- Recovery food for after race
- Hydration beverages
- Bottles – at least two
- Gels, bars, your preferred race fuel – bring more than you need

Misc. (some for those at hotel only)

Use plastic zip bags to keep items together

- PHOTO I.D.
- USA Tri Card
- Sunblock
- Lip balm
- Any current prescriptions/vitamins/inhaler
- Camera
- Eyeglasses/prescription sunglasses
- Tummy medicine if you might need it (Tums, Alka-Seltzer, etc...)
- Cup for Alka-Seltzer