



Triathlon Checklist

GENERAL ITEMS

- Race Directions, Map
- Race Registration, race packet, timing chip strap
- Pre-race meal - energy gels, sports drinks
- ID, USAT number, wallet, cash
- Magic Marker - Body Marking
- Watch, HR monitor
- Body Glide, Blister shield, nip guards
- Transition Backpack
- Camera

SWIM

- Tri-Suit (1 pc or 2 pc)
- Goggles (2 pair)
- Wetsuit
- Warmwear cap if cold, swim cap
- Antifog lens spray
- Towel
- earplugs, noseplugs

BIKE - ITEMS IN T1

- Bike
- Floor pump
- Water bottles - water/sports drink
- spare tubes, co2 cartridges, inflator
- tire levers, tool kit, chain lube/cleaner
- sunglasses
- helmet
- gloves if needed
- Fuel box/Bento Box - energy gels/bars
- socks if needed
- jacket, armwarmers, pants/tights - if cold

BIKE - ITEMS IN T1 - continued

- Bike Shoes
- toe covers if cold
- Race number belt w/number if required
- Bin of water or "Rinse n Ride" to clean feet
- Sunscreen

RUN - ITEMS IN T2

- Running Shoes
- Socks if needed
- Race number belt w/number if required
- Hat/Visor
- Sunscreen
- Fuel Belt/Amphipod energy hydration waistbelt
- Body Glide if needed
- Nip guards
- Energy gels/bars, Sports Drink
- Towel
- Jacket, Running Pants, Vest (if cold weather)

POST RACE ITEMS

- Recovery drink, food, extra water
- Change of clothes for trip to the podium!
- Sunscreen
- Towelettes ("Wet Ones")
- First Aid Kit - Hopefully not needed, but nice to have :)
- Ibuprofen
- Desire to do it all again!!!

