



Race Day Checklist

Swim

- Swimsuit – or tri-suit
- Goggles – 2 pair (1 back up just in case)
- Swim cap – race provided swim cap
- Wetsuit or Speedsuit – if questionable, bring both if you have them
- Towel – sit on in transition area, dry off, wipe feet
- Body Glide or other Anti-Chafe Lube – no Vaseline on wetsuit!

Bike

- Helmet – if on your bike, helmet is on your head
- Sunglasses
- Bike shoes
- Water bottles – one for pre-race/transition, one on bike, extra just in case
- Spare tires & tubes
- CO2 cartridges
- Other Possible Bike Items:**
- Bike shorts – or swimsuit or tri-suit
- Bike jersey – or singlet or tri-suit
- Gloves – not if a short race
- Tool kit – to be in car or transition bag
- Floor pump or Frame pump
- Bike lube – in transition bag
- Electrical Tape – in transition bag

Run

- Running shoes
- Socks
- Hat or Visor
- Sunglasses
- Safety Pins for run number
- Other Possible Run Items:**
- Shorts – or swimsuit or tri-suit
- Singlet – or jersey or tri-suit

Miscellaneous and Post Race

- Watch
- Race Belt
- Race number
- Fluid replacement drink
- Energy food
- HRM
- Post Race Clothing