

Triathlon Race Day Checklist



Swim

- Swim suit
- Goggles
- Swim cap
- Wetsuit
- Towels {1 large and 1 smaller towel}
- Earplugs
- Body glide {if using}
- _____

Bike

- Bike
- Spare tube
- Small air pump or CO2 cartridge
- Bike bag with tools {all purpose tool and tire lever}
- Bike shoes {if using clip in pedals}
- Socks
- Bike shorts
- Bike gloves
- Sunglasses
- Helmet
- Water bottles
- _____

Run

- Shirt
- Hat
- iPod
- Sneakers
- Extra socks
- _____

Extras

- Energy bar
- Sports drink
- Post race clothes
- Sandals
- Timing chip
- Race bib number
- First aid kit- Band aids, Sunscreen, Chapstick, Motrin, Safety pins
- Bag
- Watch
- _____
- _____
- _____