



Triathlon Race Day Checklist

Swim

- Swim suit/ Tri suit
- Goggles
- Swim cap
- Wetsuit
- 2 Towels
- Earplugs
- Body glide
- _____

Run

- Shirt
- Hat
- Sneakers
- Extra socks
- _____

Bike

- Bike
- Spare inner tube
- Small air pump and CO2 cartridge
- Bike bag with tools (all purpose tool and tire lever)
- Bike gloves
- Sunglasses
- Helmet
- Water bottles
- Bike shoes (if using)
- Socks
- _____
- _____

Extras

- Energy bar/Gu/Gels
- Sports drink
- Post race clothes
- Sandals
- Timing chip
- Race bib number
- Safety Pins
- First aid kit- Band aids, Motrin, ect
- Large plastic garbage bag and a few small plastic bags (in case of rain)
- Watch/ Garmin
- Camera
- Sharpie
- Scissors
- Tape (electrical or duct tape)
- Sunscreen
- Chapstick
- _____
- _____
- _____

To Do:

- Pick up your race packet
- Review the race course
- Fill water bottles
- Pin race bib on shirt or race belt
- Put your bike in low gear
- Pump up your tires
- Put your timing chip on your ankle
- Place race numbers on helmet, bike and swim cap
- Apply race number tattoo (if using)
- Think positive thoughts!
- _____
- _____
- _____
- _____

For more race day tips, check out TwoTri.com