

CHECKLIST OF ITEMS TO BRING FOR TRIATHLON

SWIM

- SWIM SUIT/RACE UNIFORM
- GOGGLES (2 PAIR)
- ANTI-FOG SPRAY
- WETSUIT
- BODY GLIDE
- SWIM CAP (USUALLY PROVIDED AT RACE)

BIKE

- BIKE
- BIKE SHOES
- HELMET
- PUMP OR CO2
- BIKE TOOLS
- SPARE TIRE/TUBE
- RACE WHEELS (OPTIONAL)
- TRAINER (OPTIONAL)
- WATER BOTTLES

RUN

- RACE SHOES/ELASTIC SHOELACES
- SHORTS (ONLY IF CHANGING)
- SINGLET
- VISOR/HAT
- RACE BELT

OTHER

- TOWEL (FOR TRANSITION)
- SUNSCREEN
- WARM CLOTHES (IT IS USUALLY COLD EARLY IN A.M.)
- SUNGLASSES
- SPORTS DRINK
- ENERGY BARS/GELS/ELECTORLYTE TABS
- COPY OF SCHEDULE AND NUTRITION PLAN
- ANY SPECIAL FOOD FOR BEFORE/AFTER RACE
- ELECTRICAL TAPE and SCISSORS (to attach bike number)
- RACE INFO PACKET (IF PICKED UP DAY BEFORE)
- GARMIN/HEART RATE MONITOR (if using)
- POST RACE SANDALS
- TIMING CHIP
- USAT LICENSE

IF FLYING:

- COMPRESSION SOX AND ASPIRIN
- DO NOT BRING CO2 ON THE PLANE!

OTHER (ADD YOUR OWN ITEMS HERE):
