

TRIATHLON CHECKLIST



SWIM

- Swim/Tri suit
- Sports bra if needed
- Cap (usually race-issued)
- Goggles
- Chip & Strap
- Sunscreen
- Wetsuit or swim skin
- BodyGlide for sensitive areas & as lube for wetsuit
- Pre-race energy source (1 gel <10 prior to swim start!)
- Disposable small water bottle to sip while waiting
- Watch/HR Monitor (if desired)

BIKE

- Bike (usually stowed in transition night before)
- Helmet (make sure it's CPSC certified!)
- Bike shoes (socks optional)
- Sunglasses
- Pump for pre-race
- Fluids/calorie sources affixed to bike
- Spare tube/change kit/portable pump or CO2 cartridges
- Bike gloves (optional)

RUN

- Running shoes (socks optional)
- Elastic laces (optional for quickness!)
- Race number & belt
- Nutrition (optional flasks for easy carrying)
- Visor
- Hydration system (optional for longer races)

POST RACE

- Recovery drink or food
- Backpack w/ compartment for wet items
- Change of clothes/shoes
- Compression gear optional (recommended for long travel!)