

RACE DAY

CHECKLIST

SWIM

- Swim suit/wetsuit/triathlon suit
- Goggles
- Swim cap
- Race chip
- Sunscreen
- Body Glide (if using a wetsuit)
- Towel

BIKE

- Bike (in low gear for easy start)
- Helmet
- Race number
- Air pump
- Cycling shorts
- Jersey
- Bike shoes
- Water bottles
- Gloves
- Spare tires/tubes
- Bike tools
- Chain lubricant
- Energy bars or gels

RUN

- Running shoes
- Socks
- Singlet
- Race number
- Gear belt (to hold energy gels, water, etc.)
- Sunglasses or visor/cap

MISCELLANEOUS

- Wristwatch
- Heart-rate monitor
- First-aid kit
- Plastic bags for wet clothes
- Postrace change of clothing
- Duct tape
- Camera
- Lip balm
- Phone
- Music player