



## Race Checklist

		<b>Check-off</b>
<b>Swim Gear</b>		
Swimsuit (or tri top and shorts to wear under wetsuit)		
Wetsuit		
Swim cap (most races provide a cap, but a back-up is recommended)		
Thermal cap (for colder water races)		
Goggles		
Back-up goggles		
Anti-fog for goggles		
<b>Bike Gear</b>		
Helmet		
Bike shoes		
Socks (optional for shorter races)		
Tri shorts/cycling shorts (if you're not already wearing them!)		
Cycling jersey		
Sunglasses		
Cycling gloves (optional)		
Water bottles, filled with fluid of choice		
Spare tubes and CO2 cartridges		
Tools (allen key set, tire iron and chain tool minimum)		
<b>Run Gear</b>		
Running shoes		
Socks		
Running shorts (optional - only if you are changing between bike and run!)		
Running shirt and/or running singlet		
Running hat or visor		
Sunglasses		
<b>Transition Area Gear</b>		
Towel		
Water bottle		
Nutrition bar or gel		
<b>Additional Support Gear</b>		
BodyGlide		
Sunscreen		
Heart rate monitor and/or sport watch		
Post-race dry clothing		
Windbreaker or jacket		
Race Belt		
Race packet with all race numbers		
Duffle bag or other carry bag		