



She believed she could, so SHE DID

Triathlon Checklist

Remember, NOTHING NEW ON RACE DAY

RACE DAY PACKING LIST

SWIM

- Swim Cap- wet hair prior to putting on the cap
- Goggles- snug fit but not too tight
- Tri-suit or tri top and bottom
- Cheap flip flops in case the walk to the water is rocky
- Towel- brightly colored to identify transition spot
- Race Belt or Singlet with race number attached
- Ankle Chip- make sure its tight enough that it won't fall off

BIKE

- Bike- tires pumped, chain lubed, spare tubes and air canister
- Helmet- proper fit clasped right under your chin
- Water bottle that fits snugly in the holder. Packed in bag until transition
- Bike shoes- optional
- Socks
- Sunglasses

RUN

- Running sneakers, prelaced (no tie) use lace locks or slack laces
- Extra water bottle to be used in transition

OPTIONAL ITEMS

- Wet suit, if allowed. Make sure to practice in it
- Spare goggles, anti-fog
- Ear plugs
- Spare tubes/patch kit
- Cycling gloves
- Cap or visor
- Running watch or heart rate monitor
- First-aid- bandaids, tylenol, emergency contact card
- Sunscreen- apply after you have been numbered
- Race day nutrition- gels, chews, bars
- Race day hydration- water, sports drink
- Camera/or Waterproof case for your phone
- ID/Credit card
- After Race Clothing- the club shirt would be perfect :)

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