

RACEDAY CHECKLIST

GENERAL

- Athlete Parking Guide
- Event / Course Maps
- Watch
- Timing Chip
- Pre Race Nutrition
- Pre/Post Race Clothes
- Race Clothes / Tri Kit

BIKE

- Bike
- Bike Helmet
- Bike Shoes / Shoes
- Socks
- Water Bottles
- Sunglasses
- Spare Repair Kit
- Bike Nutrition
- Anti-Chaff Cream

SWIM

- Wetsuit / Swim skin
- Goggles
- Swim Cap
- Waterproof sunscreen
- Body Glide
- Transition Mat
- Transition Towel

RUN

- Race Day Shoes
- Socks
- Hat
- Sunglasses
- Race Belt / Safety Pins
- Race Number
- Run Nutrition

A tri kit helps you race with the same clothes throughout the race while only making minor changes in transition. If you do not plan on wearing a tri kit, select clothes which allow you to put them on without requiring the need of a changing room. Also consider what you can keep one from one sport to the next, such as keeping the same sock on from the bike to run if you are using bike shoes and will be changing to running shoes.

TIP: Lay out all items you plan to use before/after and throughout the day and by event to reduce the likelihood of forgetting something