

Triathlon Checklist

Swim

Swim suit/tri suit
Wetsuit
Towel
2/goggles -tint/no tint
Defogger
Sunscreen
Bodyglide
Race swim cap
Timing chip
Nutrition/pre-race

Bike

Bike
Bike shoes
Helmet
Sunglasses/tint/no tint
Socks (optional)
Baby powder/glide
Race numbers
Bike pump
Extra tube/c02 pump
Full water bottles
Nutrition (gels, etc)
Extra jersey/top (optional)

Run

Run shoes
Race number/belt
Race hat/visor
Shorts (optional)
Socks (optional)
Nutrition belt
Additional:
Heart rate monitor
I.D/Race I.D.
Post race clothing/shoes
Money



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