

TRIATHLON CHECKLIST

SWIM

- Wetsuit
- Goggles (plus spare)
- Swimcap
- Bodyglide
- Plastic bags (to help get into wetsuit)
- Flipflops (+ warm clothes to wear to start)

BIKE

- Bike!
- Helmet
- Sunnies
- Race clothing (shorts, top)
- Cycling shoes
- Arm warmers/toe warmers
- Jacket/vest
- Gloves
- Spare tubes/levers/air cartridges
- Multitool
- Insulation tape
- Plastic bags to cover saddle/computer in transition
- Water bottles/bar mounted bottle
- Gel container
- Number belt (+number)
- Floor Pump (+ adaptor for race wheel)
- Chain lube and rag

RUN

- Shoes/lacing system
- Socks
- Change shirt/shorts
- Fuel belt + bottles/gels
- Hat/visor

MISCELLANEOUS

- Registration confirmation and OAT membership card
- Heart rate monitor
- Timing Chip
- Transition towel
- Umbrella
- Bottle with sportsdrink for pre-race
- Big Bags/plastic box for transition stuff
- Transition towel/post-race towel/shampoo
- Sportsdrink/gels/post-race food
- Bike and run special needs bag
- Swim cords/Theraband for prerace
- Sunblock
- Extra contact lenses
- Band-aids for nipples
- iPod for pre-race
- Towel/Body wash for postrace
- Dry Clothes
- Other: _____