

RACE DAY CHECK LIST

SWIM

Tri Suit

Goggles (plus a spare)

Official Swim Cap

Wetsuit or Fast Skin (depending on what's allowable based on temps)

Watch

Timing Chip/Band

Glide Spray or Stick

For Colder Water Tri's – Neoprene Swim Cap, Booties (if allowable)

Plastic Bag (if you use the plastic bag trick to get your wetsuit on)

Towel for Transition area

Gels/Bars/Energy Supplements

BIKE

Bike

Bike Number and ties (best to do this the night before)

Cycling Shoes

Socks

Helmet

Sunglasses

Gloves

Water Bottle(s) and/or Camelbak

Bike Bag/Tools (Tube, Tire Levers, CO2, Multi-tool or Allen keys)

Gels/Bars/Energy Supplements

RUN

Running Shoes

Visor/Hat

Race Bib Belt

Towel for Transition area 2 (if T2 is different than T1)

Gels/Bars/Energy Supplements

OTHER

Tri Bag

Bike Pump

Masking tape for gels

Sunscreen & Chapstick

USAT Card & DL – (for registration – typically done day prior to race)

Change of Clothes