



## Triathlon Gear Race Checklist

### General & Transition Gear

- Watch
- Heart rate monitor
- Sunglasses
- Sunscreen
- Tri suit, tri top/bottom, and/or sports bra
- Change of clothes
- Wet bag
- Anti-chafing product
- Chapstick with SPF
- Sharpie
- Toilet paper or tissues
- Race ankle
- Photo ID
- USAT membership card
- Cash
- Race number and timing chip (should be issued by the race)
- Timing chip ankle strap (should be issued by the race unless you purchase a neoprene one)
- Transition mat or towel
- Race nutrition (sports drinks, electrolytes, etc—bring extra)

### Swim Gear

- Goggles (plus a spare, ideally with different tints based on the light)

- Goggle defogger (1 drop of J&J baby shampoo in each lens, rub, then rinse)
- Wetsuit (if legal)
- Swim cap (should be issued by the race)

### Bike Gear

- Bike (completely checked over for optimal function)
- Cycling shoes
- Socks (optional)
- Bike computer (if you have one)
- Helmet
- Pump
- Hydration system (such as water bottles and bike cages)
- Flat kit (spare tube(s), tire levers, multitool, CO2 cartridge and/or handheld pump)

\*you cannot fly with CO2

### Run Gear

- Running shoes
- Hat/Visor
- Race number belt

### Additional Notes

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