

## Aquabike Check List

### Pre Race

Tri Outfit  
HRM & Watch  
Goggles  
Swimcap  
Wetsuit  
Sandals  
Water  
Pre-Race nutrition  
Pump Tires  
Photo ID/USAT Card  
Sweats  
Long sleeve running shirt  
Body Glide  
Chip sleeve  
Electrolytes (if desired)

### T1

Bike  
Helmet  
Bike Shoes  
Sunglasses  
Towel  
Water bottle (on bike) w/  
energy drink if desired  
Race nutrition  
Helmet #

### After

Change of clothing (dry  
Shorts, T-shirt)  
Recovery nutrition  
Suntan lotion  
Towel  
Shower stuff