

Triathlon 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 #

T2

Socks
Running Shoes
Water
Race Belt
Safety pins
Number
Run nutrition

After

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