

# **RACE CHECKLIST**

## **SWIM LEG / TRANSITION**

Swimming goggles  
Swimming cap  
Tri suit one piece  
Tri top & Tri shorts (if not wearing one piece)  
Wetsuit (if cold enough)  
Lubricant for wetsuit  
HRM belt (optional)

Towel (dual purpose, mark transition)  
Race belt  
Safety pins (to attach race number)  
Talc for cycle & run shoes

## **BIKE LEG**

Bike  
Cycle helmet  
Cycle shoes  
Water bottle(s)  
Mini pump  
Sunglasses  
Saddle bag (with spare inner tube and tyre levers)  
Track pump

## **RUN LEG**

Running shoes  
Running cap

## **NUTRITION**

Carbo drink (enough for pre-race, race and post-race)  
Energy bars / gels  
Bananas

## **OTHER STUFF**

Race pack & directions  
Money, credit cards & beer tokens  
Keys  
Mobile phone  
Wash bag  
Sun screen  
Plastic bag  
Dry change of clothes  
Plastic lidded storage box (to transport and keep all of the above in)