

Race Day Checklist

Swim

- Clear Goggles
- Tinted Goggles
- Wetsuit
- Bodyglide/Pam
- Official Swimcap
- Extra Cap
- Anti-Fog

Bike

- Bike
- Helmet
- Glasses
- Shoes
- Spare/toolkit
- Aero Bottle
- Salt Tablets
- Gels
- Bike Number
- Tire Pump/CO2
- Upright Pump
- Arm Warmers
- Socks
- Helmet Number

Run

- Shoes
- Socks
- Hat
- Race Belt
- Number
- Pins
- Gels

General

- Tri Shorts
- Singlet
- Transition Towel
- Watch
- Pre-race food
- USAT Card
- Photo ID
- Road ID
- Post Race Clothes
- Extra Water/carb for drive
- Electrical Tape
- Map/Directions to race
- Course Map
- Cooler for liquids
- Sunblock