



TRIATHLON RACE CHECKLIST

GENERAL

- USAT membership card
- Photo ID
- Registration confirmation
- Money
- Race uniform
- Race numbers and timing chip
- Gels/energy bars and drinks/salt tablets
- Sunscreen
- Sunglasses
- Water bottles
- Anti-chafing product
- Extra clothes
- Directions to venue/course map
- Safety pins
- Masking tape/chalk

SWIM GEAR

- Wetsuit
- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Socks
- Bike gloves
- Tire pump
- Spare tubes or tire
- CO2 cartridges
- Tools
- Extra bar plugs

RUN GEAR

- Running shoes
- Hat/visor
- Race number belt
- Socks

TRANSITION GEAR

- Towel