

Triathlon Pre-Race Checklist

General/Pre-Race

USAT Member Card	Sports Watch	Sunscreen	First Aid Kit
ID	Race Belt	Anti-Chafing Product	Toilet Paper
Money	Race Number & Timing Chip	Pre-Race Nutrition	Elastic Hair Band
Keys	Towel/Transition Mat	Transition Bags (for IM races)	
Phone	Backpack/Transition Bag		

Swim

Bathing Suit/Tri Suit	Goggles (tinted & clear)	Spare Goggles
Wetsuit	Ear Plugs	
Cap	Neoprene Cap & Booties (for cold water races)	

Bike

Tri Suit/Cycling Clothes (jersey, bike shorts/tri shorts, sports bra)	Bike Shoes	Saddle Bag (tools, spare tubes, & CO2 w/ adapter)
Bike	Sunglasses (tinted & clear)	Race Nutrition & Electrolytes
Wheels	Bike Gloves	Water Bottles
Helmet	Socks	Bike Computer

Run

Running Clothes/Tri Suit (top, running shorts/tri shorts, sports bra)	Sunglasses	Socks
Running Shoes	Hydration Belt	
Hat/Visor	Race Nutrition & Electrolytes	

Post-Race

Post-Race Recovery Nutrition	Post-Race Clothes
Towel	Comfy Post-Race Shoes/Sandals