

Race Day Checklist
Compliments of
Beginnertriathlete.com
WhenBigBoysTri.com

Before race day:

- Warm-up bottoms and top
- Hat
- Electrical tape to mark bike etc. and duct tape - great for emergency repairs
- Passport (ID), Drivers License, credit card, cash
- Plane Ticket if you have to fly
- USAT membership card
- Relaxing Reading or magazine for the plane ride or if you are riding with others. I also like to carry an MP3 player or a CD player with me to listen to music before the race.

SWIM

- Swimsuit/Wetsuit/Tri Shorts
- Goggles clear or dark lenses/anti-fog solution
- Lubricant if you are using a wetsuit (be sure that the lube you choose is safe to use with your suit)
- Towel

BIKE

- Bike
- Make sure that bike is working properly
- Bike shoes
- Helmet
- Wheels and tires - be sure spokes are ok and you are running correct tire pressure
- Water bottles w/ preferred drink

Energy source - either gel packs or flask

Sunglasses

Spare tube and CO₂ cartridge

RUN

Race shoes with some type of speed laces, if you prefer.

Cap or Visor - and don't bring a black one

Race number pins or race belts

Drinks or gels for the run

TRANSITION AREA

Extra Gels

Sunscreen

Extra water bottle

Way to mark your place in the transition area

MISCELLANEOUS

Jacket - weather could change unexpectedly

Energy bar(s)

Safety pins if you loose yours for race number

Sandals

Clothing to change into after you finish your race