

TRIATHLON CHECKLIST

CLOTHES

- Tri Kit/Singlet
- After Race Clothing
- Sandals

SWIM

- Anti-Fog Solution
- Cap
- Goggles
- Spare Goggles
- Wetsuit
- Body Glide
- Timing Chip

BIKE

- Hydration System
- Hydration Straw
- Water Bottles
- CO₂ Accessories
- CO₂ Cartridge
- Tire Levers
- Wrench Set/Tools
- Spare Tube
- Electrical Tape
- Floor Pump
- Helmet
- Socks
- Sunglasses
- Stickers

RUN

- Fuel Belt
- Hat
- Running Shoes
- Socks
- Water Bottle

MISCELLANEOUS

- Antibacterial Wipes
- Backpack
- Bib
- Camera
- Directions to Race
- Garbage Bag
- Gels/Bars/Beans
- Rubber Bands
- Sodium Pills
- Sunscreen
- Toilet Paper
- Towel
- Watch

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