TRIATHLON CHECKLIST

| CLOTHES | RUN |
|---|--|
| ☐ Tri Kit/Singlet ☐ After Race Clothing ☐ Sandals SWIM | ☐ Fuel Belt ☐ Hat ☐ Running Shoes ☐ Socks ☐ Water Bottle |
| ☐ Anti-Fog Solution ☐ Cap ☐ Goggles ☐ Spare Goggles ☐ Wetsuit ☐ Body Glide ☐ Timing Chip | MISCELLANEOUS Antibacterial Wipes Backpack Bib Camera Directions to Race |
| Hydration System Hydration Straw Water Bottles CO2 Accessories CO2 Cartridge Tire Levers Wrench Set/Tools | Garbage Bag Gels/Bars/Beans Rubber Bands Sodium Pills Sunscreen Toilet Paper Towel Watch |
| ☐ Spare Tube ☐ Electrical Tape ☐ Floor Pump ☐ Helmet ☐ Socks ☐ Sunglasses ☐ Stickers | THIS, TOO |

Triathlon Checklist

| Clothes | Run |
|---|--|
| ☐ Tri Kit/Singlet | ☐ Fuel Belt |
| ☐ After Race Clothing | □ Hat |
| ☐ Sandals | ☐ Running Shoes |
| Swim | ☐ Socks☐ Water Bottle |
| ☐ Anti-Fog Solution ☐ Cap | Miscellaneous |
| ☐ Goggles | ☐ Antibacterial Wipes |
| ☐ Spare Goggles | ☐ Backpack |
| ☐ Wetsuit | □ Bib |
| ☐ Body Glide | □ Camera |
| ☐ Timing Chip | ☐ Directions to Race |
| Bike | ☐ Garbage Bag |
| ☐ Hydration System ☐ Hydration Straw ☐ Water Bottles ☐ CO₂ Accessories ☐ CO₂ Cartridge ☐ Tire Levers ☐ Wrench Set/Tools | ☐ Gels/Bars/Beans ☐ Rubber Bands ☐ Sodium Pills ☐ Sunscreen ☐ Toilet Paper ☐ Towel ☐ Watch |
| ☐ Spare Tube | This, too |
| ☐ Electrical Tape | |
| ☐ Floor Pump | Π |
| ☐ Helmet | |
| ☐ Socks | |
| ☐ Sunglasses | |
| ☐ Stickers | |