

RACE DAY Checklist

SWIM

- ✓ Wetsuit
- ✓ Goggles (tinted and clear for different light conditions)
- ✓ Brightly coloured swim cap
- ✓ Anti-chafe for neck
- ✓ Race number belt
- ✓ Tri-suit
- ✓ Heart rate monitor/GPS if you're using one
- ✓ Timing chip and strap

BIKE

- ✓ Bike
- ✓ Helmet
- ✓ Sunglasses with lens option
- ✓ Cycling shoes + elastic bands
- ✓ Mini pump / CO2 cartridges & adapter
- ✓ Spare inner tubes
- ✓ Pre-filled bottle(s) & other nutrition
- ✓ Jacket (optional dependent on weather and time of year racing)

RUN

- ✓ Running shoes
- ✓ Cap and socks if you wear them
- ✓ Jacket (optional dependent on weather and time of year racing)

OTHER

- ✓ Race registration paperwork
- ✓ Pre-race drinks or nutrition, pre-mixed and ready
- ✓ Compression Sleeves or Socks
- ✓ Track pump to set tyre pressures
- ✓ Allen keys and other tools to deal with last-minute bike adjustments
- ✓ Bicycle Chain Lube
- ✓ Safety pins for race number
- ✓ Energy gels, bars or other nutrition for the bike/run
- ✓ Warm clothing for post-race
- ✓ Roll of duct tape and some cable ties

