

teamtrinity

Triathlon Race Checklist

Swim Items

- Anti-Fog Solution**
- Body Glide
- Cap**
- Ear Plugs
- Goggles**
- Neoprene Cap
- Pam
- Spare Goggles
- Swim Suit**
- Wetsuit

Bike Items

- Aero Water Bottle Straw
- Aero Water Bottle Elastic
- Bar-end Plugs**
- Bike**
- Bike Pump**
- CO2 Accessories
- CO2 Cartridge
- Cycling Shoes**
- Electrical Tape
- Helmet**
- Race Wheels
- Spare Tire
- Spare Tube
- Sunglasses**
- Trainer
- Water Bottles**

Run Items

- Fuel Belt aka Race Belt**
- Hat
- Running Shirt
- Running Shoes**
- Socks
- Sunglasses**
- Water Bottle**

Clothing Items

- Flip Flops/Sandals**
- Post Race Clothing**
- Rain Gear**
- Singlet**
- Sports Bra
- Towel**
- Tri-Shorts**
- Warm Clothing**

Misc Items

- Advil**
- Antibacterial hand wipes
- Body Glide
- Bucket
- Camera
- Chain Lube
- Champion Chip**
- Confirmation Letter/Email**
- Contacts
- Directions to Race**
- Energy Bars**
- Energy Drink - Spark**
- Energy Gels – Rehydrate, Shock Blocks**
- Energy Pills – Thermo Plus, O2 Gold, Muscle Fuel, Arginine**
- Garbage Bag**
- Head Light/Flash Light
- Heart Rate Monitor
- Heart Rate Monitor Chest Strap
- Money - CASH**
- Race Number Belt**
- Race Number**
- Rx Glasses
- Special Needs Bag
- Sun Block**
- Toilet Paper**
- Towel for Transition Area**
- Transition Bag
- USAT Card**
- Vaseline
- Ipod**
- Wallet**
- Water**
- Wrist Watch**