

Triathlon Race Gear Checklist

Item	Wear	Bring	Packed
Hotel and race info, parking passes			
Directions to hotel/race			
Sunscreen and/or Lip balm			
Personal care items (inhaler, tampons, pain reliever, Pepto, Butt butter)			
Safety Pins for numbers (8)/Race belt			
Body Glide to prevent chaffing			
Plastic bags (to keep clothes dry in transition if raining)			
Rain gear/umbrella			
Bathing Suit/or swimming outfit (trishorts, bra, top)			
Wetsuit			
Goggles			
Swim cap			
Nose clips			
Earplugs			
Pool sandals to get to T1			
Two towels (Body & ground)			
Basin for foot rinse if sandy, extra water for dipping			
Long or Short Sleeved Shirt/ Tank Top/Arm Warmers			
Long pants or Shorts			
Running shoes			
Socks			
Jacket			
Running hat			
Bike			
Helmet			
Gloves			
Sunglasses			
Bike shoes			
Water bottle x 2			
Sports drinks			
Sports bars/gels, pre race snack, Cliff bars			
Tape for gels on bike			
Hole punch for bib #			
Watch/GPS/Heart Rate monitor			
Flashlight if early start			
Bike pump if travelling to a race			
Money for post-race massage or refreshments			
Post-race change of clothes (inc. 3 rd towel, undies, personal care items)			
Post-race munchies and drinks			
Camera/cell phone			
Cooler with ice			