



# Triathlon Race Gear Checklist

## Swim

- Swimsuit
- Swimskin/Wetsuit
- Goggles
- Swim Cap
- Heart Rate Monitor
- Ear Plugs/Nose Plugs
- Towel
- Race Chip
- Watch
- Fuel
- Flip Flops Other

## Bike

- Bike
- Shirt
- Shorts
- Shoes
- Socks
- Helmet
- Sunglasses
- Dew Rag
- Water Bottle(s)
- Bike Computer
- Chamois Butt'r
- Fuel
- Salt
- Spare Tires/Tools/Flat Repair
- Pump
- Rinse Bottle of Water
- Rubber Bands
- Bottle of Water

## Run

- Shoes
- Socks
- Race Belt
- Race Number
- Hat
- Sunglasses
- Fuel
- Salt
- Cooling Towel

## Other

- Gear Bag
- Sunscreen
- Anti-Chaffing (Glide)
- Skin Sake / Carmex
- USAT Number
- Arm Coolers
- Calf Compressions
- Bike Rack
- Bike Pump
- Bike Pump Adapters
- Head Light
- Camera
- Phone
- Music
- Headphones
- Scissors
- Glasses and Case
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_