

RACE DAY CHECKLIST

FOR PACKET PICKUP

- Photo ID
- USAT card (digital or hard copy)

SWIM

- Tri suit, tri kit, swimsuit
- Swim Cap
- 2 sets of goggles (tinted/untinted)
- Brightly colored towel
- Wetsuit (if applicable)

BIKE

- Bike
- Helmet
- Cycling shoes/socks
- Sunglasses
- Water Bottles
- Tire repair kit:
 - spare tube
 - tire levers
 - allen key multi-tool
- Floor pump

RUN

- Running shoes
- Socks
- Race belt
- Hat or visor
- Anti-chafe product

MORE RACE DAY:

- Athlete Numbers: bike, run & helmet sticker
- Sunscreen
- Race Nutrition
- Electrolyte drink
- Post-race nutrition
- Band-aids
- Training device (Garmin, etc.)
- Post-race change of clothes
- Post-race recovery drink/snack
- Transition towel
- Anti-chafe product
- Flip flops
- Wet wipes

