

# Triathlon Raceday Checklist



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## General

- USAT card
- body glide, wetsuit spray
- cash
- camera
- contacts (if needed)
- eyeglasses (if needed)
- heart rate monitor
- music (for pre & post race)
- picture ID
- race number
- race belt
- registration confirmation
- chapstick
- sunscreen
- timing chip strap
- timing chip
- towel for transition
- wallet
- watch
- water
- tri gear (tri top & shorts or onesie)

## Swim

- earplugs (if you use them)
- swim cap
- goggles
- backup goggles
- wetsuit (if water temp allows)
- neoprene cap (if water temp allows)

## Bike (T1)

- bike
- helmet
- gloves (if you wear them)
- pump
- race belt w/number
- socks (if you wear them on the bike)
- flat kit (spare tubes, CO2 cartridges, inflator, tire levers)
- sunglasses
- sunscreen
- water bottles (water/sports drink)
- bike shoes

## Run (T2)

- running shoes
- socks (if needed)
- hat/visor
- body glide (if needed)
- energy gel(s)

## Post Race

- change of clothes
- flip flops/sandals
- recovery drink
- extra water
- sunscreen
- towel or towelettes
- money for celebratory meal!

## Nutrition: Plan accordingly for your distance

- electrolytes
- energy drink
- energy gels / bars

**Most important thing on race day? Have fun!**

**Have a nutrition plan and follow it.**

**Know the course**

Review swim course entry & exit and take note of buoy positions, remember where you parked your bike, know where the bike out is, where mount & dismount lines are, and be familiar with turns on the bike & run courses.