

TRITRAINING.CA RACE DAY EQUIPMENT CHECKLIST

SWIM

- Goggles
- Swim Suit
- Wet Suit
- Cap
- Ear Plugs
- Neoprene Cap
- Anti-Fog Solution
- Body Glide

BIKE

- Bike
- Helmet
- Race Wheels
- CO2 Accessories
- CO2 Cartridge
- Cycling Gloves
- Cycling Shirt
- Cycling Shoes
- Cycling Shorts
- Frame/Mini Pump
- Patch Kit
- Socks
- Spare Tire
- Spare Tube
- Sunglasses
- Tire Levers
- Water Bottles
- Wrench Set/Tools

RUN

- Running Shoes
- Running Shirt
- Running Shorts
- Socks
- Hat
- Sunglasses
- Water Bottle

MISC

- Advil
- Gloves/Toque
- Camera
- Chain Lube
- Directions to Race
- Energy Bars
- Energy Drink
- Energy Gels
- Garbage Bag
- Heart Rate Monitor
- Money
- Race Number Belt
- Race Number
- Special Needs Bag
- Sun Block
- Towel for Transition Area
- Transition Bag
- Wrist Watch

POST RACE

- Flip Flops/Sandals
- Post Race Clothing
- Rain Gear
- Towel
- Warm Clothing

