



RACE DAY CHECKLIST

tire pump	plastic bags in case of bad weather- ponchos!
head lamp for dark AM	warm up clothes
water bottle to sip/nutrition	Swim cords if no swim warm ups allowed
rubber bands for shoes on bike	bike trainer for warming up (if applicable)
extra power meter battery	extra run shoes for warm ups after transition closes
baby powder to put in shoes	small towel
body glide	hand sanitizer
sunscreen	lip balm with spf
gloves & hat for chilly mornings	ID and USAT card (for packet)
transition bag fully packed	wear your tri kit top, shorts & HR monitor
Swim	
cap	plastic bags to put on wetsuit fast
goggles tinted	trislid/body glide
goggles clear	swim skin
wetsuit	shoes to walk in after T1 closes
Other:	goggles in sherpa's hand "just in case"
Bike	
bike	helmet
race wheels/wheel cover	cycling shoes
spare tubes/or spare tubeless tire	aero bottle
co2 cartridge	bottles
CO2 tool	nutrition
bike tool	bento box
sunglasses	electric tape
socks (if applicable)	gloves, toe warmers (if applicable)
arm warmers (if applicable)	jersey/jacket (if applicable)
knee warmers (if applicable)	Bike numbers/bib # from race (varies by race)
cycling computer	Other:
Run	
Race number belt	hydration belt flasks or bottles as needed
Race bib from race	banana
nutrition	shoes with elastic laces
socks (if applicable)	sunscreen to go (if applicable)
hat/visor (if applicable)	extra hair tie (if applicable)
extra long sleeve or arm warmers	run watch
tums or other personal items	sunglasses (may have from bike)
headlamp/reflective items (long course, late night)	spare/change of clothes (if Ironman)
Other:	Other:
Post Race	
Dry clothes	Sunblock, neosporin, other toiletries as needed
Dry socks or recovery sandals	
Post race nutrition (carb/protein)	