

RACE DAY CHECKLIST

SWIM	
	Race Swim Cap
	Goggles (2 sets)
	Lubricant / Anti Chafe / Baby oil
	Wetsuit
	Timing Chip
BIKE	
	Bike Shoes / Runners
	Bike
	Helmet
	Bike & Helmet Stickers
	Socks (if required)
	Bike computer
	Sunglasses
	Bike repair: Tubes/ Gas Canisters / Pitstop / Tools
	Bike Nutrition
	Bike Hydration + bottles (<i>don't forget your straw if you use one!</i>)
RUN	
	Visor/ Cap
	Sunglasses
	Runners + Elastic Laces (optional)
	Run Nutrition
GENERAL / TRANSITION	
	Tri Suit / race gear
	Garmin / sports Watch - Fields Set up/ Multi sport
	Drink Bottles
	Optional: Socks
	Talcum powder / baby powder
	Vaseline / Anti-Chafe
	Transition Towel
	Sunscreen
	Bike Pump
OTHER / OPTIONALS	
	Thongs, spare pair of shoes/runners
	Black marker / texter
	Charges / cables (if travelling)
	Medications