

Basic Triathlon Check List

SWIM STUFF

- ___ Swim suit
- ___ Wetsuit and Pam (for anti-chaffing)
- ___ Wetsuit bag
- ___ Goggles (defog)
- ___ Swim cap (usually provided)
- ___ Sunscreen
- ___ Towel to wipe sandy feet

CASH

BIKE STUFF

- ___ Bike
- ___ Helmet
- ___ Cycling shorts

- ___ Bike shoes
- ___ Jersey or singlet
- ___ Cycle gloves
- ___ Vaseline or other anti-chaff
- ___ Sunglasses
- ___ Pump and patch kit
- ___ Water bottles
- ___ Tools
- ___ Lock
- ___ Tools

RUN

- ___ Shoes
- ___ Socks
- ___ Shorts
- ___ Singlet and race number (pins)
- ___ Cap
- ___ Sunglasses (second clean pair)

BACKPACK

- ___ Race instructions
- ___ Wallet, license, credit cards, etc
- ___ Plane tickets, bike pass, passport
- ___ Maps, to do list, addresses, postcards
- ___ Walkman, reading stuff, pens
- ___ Food to eat on plane, water
- ___ Sunglasses, contacts

- ___ Meds, Motrin, earplugs, sunstuff
- ___ Vitamins, minerals, amino acids, etc

MAIN BIG BAG

- ___ Toilet Bag(soap, toothbrush, razor, etc)
- ___ Alarm clock
- ___ Warm clothes, Jacket
- ___ Workout clothes, shorts, T's
- ___ Shoes, sandals
- ___ Sewing kit, tape, scissors, marker
- ___ Race day food
- ___ Towels
- ___ Teddybear

- ___ Heart Rate Monitor
- ___ Washpan and towel
- ___ Floor pump
- ___ First Aid
- ___ Chain lube