

Race Gear Check-List

Swim Gear

Swimsuit or tri shorts/suit
Goggles/anti-fog solution
Swim cap (usually provided)
Wetsuit
Body glide/Pam (for wetsuit)
Wetsuit bag
Ear/nose plugs
Towels/face cloth
Water pan to wash your feet after the swim

Bike Gear

Bike
Helmet
Bike shoes
Socks
Bike shorts or tri shorts/suit
Jersey/tri top/singlet
Cycling gloves
Vaseline/Butt-R-Cream/anti-chaff
Sunglasses
Water bottles
Spare tubes/patch kit
Floor pump
CO2 cartridges
Bike tools

Running Gear

Running shoes
Socks
Singlet
Sports bra
Running shorts or tri shorts/suit
Sunglasses
Number belt
Running hat

Extras

Race brochure/instructions/directions
Watch
Heart rate monitor
Hotel confirmation
Race belt/extra safety pins
Aspirin
Food/energy bars/drinks/etc
Sunscreen
Extra towel
Post race clothes and shoes
Wallet/ID/USAT membership card
Cash/credit card
Camera/batteries/memory card/film