

### **Pre-Race Triathlon Checklist**

<b>Item</b>	<b>Category</b>	<b>Y/N</b>
Race Documentation	Pre-Race Essentials	
Triathlon Suit	Pre-Race Essentials	
Timing Chip and Strap	Pre-Race Essentials	
Swim Cap	Swim Gear	
Goggles	Swim Gear	
Wetsuit	Swim Gear	
Body Glide or Petroleum Jelly	Swim Gear	
Bike	Bike Gear	
Helmet	Bike Gear	
Cycling Shoes	Bike Gear	
Sunglasses	Bike Gear	
Water Bottles	Bike Gear	
Bike Repair Kit	Bike Gear	
Bike Computer or Watch	Bike Gear	
Running Shoes	Run Gear	
Cap or Visor	Run Gear	
Race Belt	Run Gear	
Energy Gels or Bars	Nutrition & Hydration	
Electrolytes	Nutrition & Hydration	
Post-Race Snack	Nutrition & Hydration	
Sunscreen	Other Essentials	
Towel	Other Essentials	
Transition Bag	Other Essentials	
Plastic Bags	Other Essentials	
First Aid Kit	Other Essentials	