

HERO

TRIATHLON

RACEDAY CHECKLIST:

SWIM

- race kit
- wetsuit
- goggles
- spare goggles
- anti-fog
- swim cap(s)
- sunscreen
- ear plugs
- body glide

BIKE

- bicycle
- helmet
- socks
- bike shoes
- sunglasses
- pump
- water bottles
- Repair Kit- tube
CO2x2, CO2 Chuck,
Tire levers X 2
- multi-tool
- bike nutrition
- bike computer

RUN

- shoes
- socks
- race number belt
- hat/visor
- run nutrition

MISC.

- transition bag
- mat or small towel
- race venue info
- wallet/license
- cash
- back up Body Glide
- clean clothes
- pre-race nutrition
- flip flops
- plastic bag
- watch
- cell phone
- post race food
- permanent marker
- electrical tape
- glasses/contacts
- head lamp
- cheer squad
- victory speech

SPECIAL ITEMS:

HAVE A GREAT RACE!