Triathlon/Race Packing List

Swim Stuff

Swimsuit

Triathlon suit

Goggles

Backup goggles

Swim cap

Wetsuit

Body lube

Dry bag

Plastic bags

Run Stuff

Running shoes

Socks

Running shorts

Running tops

Hat/visor

Fuel belt

Race belt

Bike Stuff

Bike

Spare tube

Shoes

Tire pump

Shorts

Tools

Jerseys

Bottles/hydration

Helmet

Sunglasses

Socks

Gloves

Other

Towels

Transition bag

Energy bars, gels, drinks Sports watch

Jandels

Warm/dry clothes

Bike lights

Spare training clothes Heart rate monitor

First-aid kit

Lubricant

Torch

Race numbers

Race information packet

Sunscreen

Lip balm

Toilet paper/wipes

Chargers



Event Day Checklist

Event morning

Wake up time:

Breakfast:

Transition opens:

Leave for event:

Set up transition

Transition closes:

Hand in gear bag

Pre start snack:

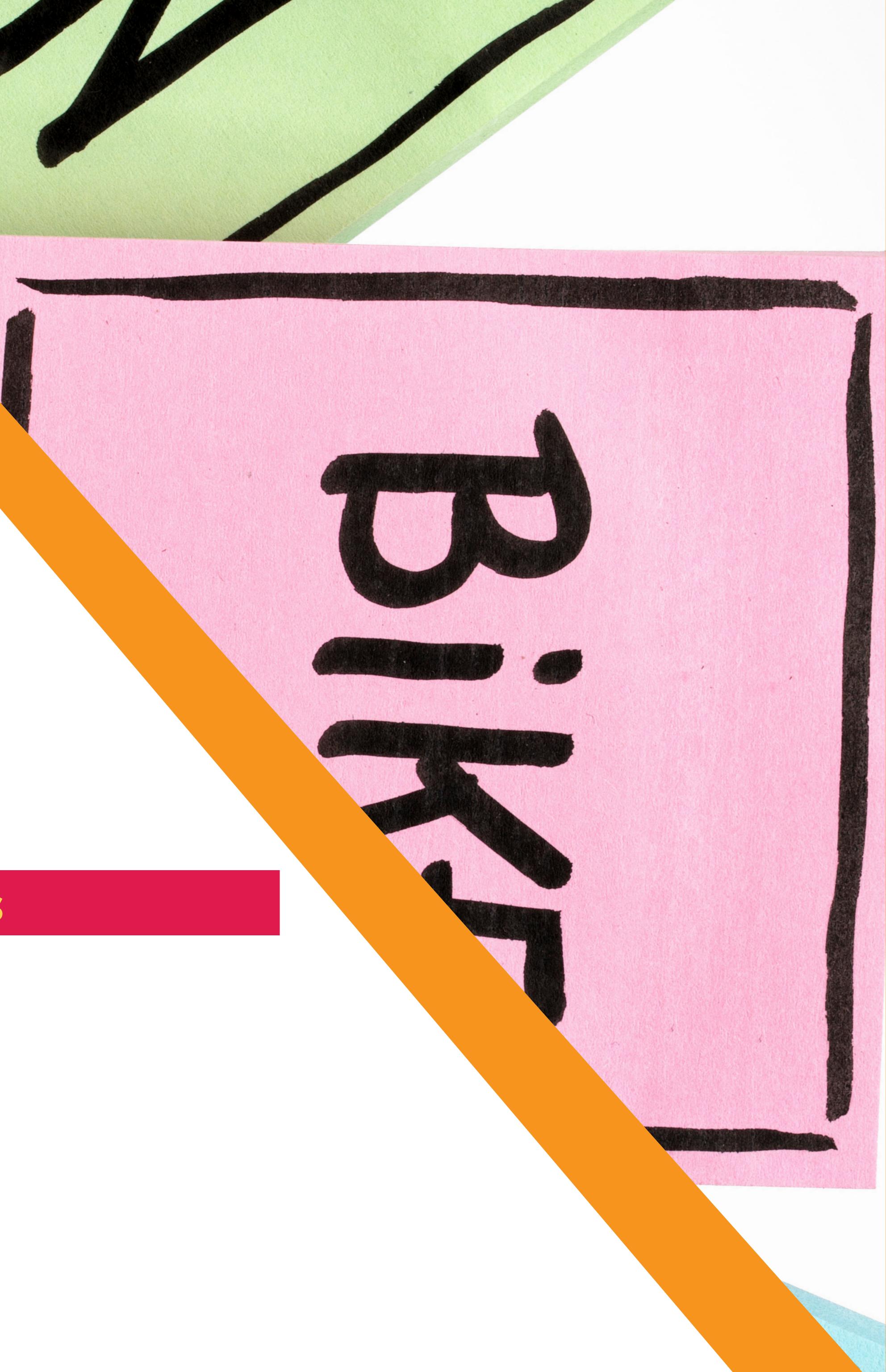
Get into wetsuit:

Warm up:

Race breifing

My race starts:





Transition Set Up

- Check bike brakes, tyres, in right gear and rack
- Put towel or small mat down on sea side of bike
- Put bike shoes closest to you on towel
- Roll up socks and put in bike shoes
- Put sneakers behind bike shoes
- Roll up socks and put in shoes (if not done for bike)

- Hat and sunglasses go inbetween run & bike shoes
- Put food/drink/other items off to side of shoes
- Put any extra clothing on top of corresponding shoes
- Put another towel on top it's the first thing you need
- If putting shoes on bike do this after checking over bike
- Put helment (uncliped) on bike

*Notes

Different events have different rules about when your bib must be worn e.g on bike and run or just run. Check rules and put on clothing that works best for event.