

Race Day Check List

SWIM STUFF

- Swim suit
- Wetsuit
- Wetsuit bag
- Goggles X 2 (defog?)
- Ear/Nose Plugs (if needed)
- Swim cap (usually provided)
- Sunscreen
- Body Glide (Easy Wetsuit removal)
- Transition towels X 2

BIKE STUFF

- Bike
- Helmet
- Cycling shorts
- Bike shoes
- Bike socks
- Jersey or singlet
- Racing Belt
- Cycle gloves (optional)
- Vaseline, Body Glide (anti-chaff)
- Sunglasses
- Pump and patch kit
- Water bottles
- Tools
- Energy Bars (Cliff Bar, Powerbar, etc)
- Energy Gell (Carboom, Gue,etc)
- Other Food (Banana, PBJ Sand, etc)
- Meds, Motrin, etc
- Vitamins, minerals, eamino acids, etc
- Lock

RUN

- Shoes (Lock Laces, Stretch Laces, Open, etc)
- Socks
- Shorts
- Energy gel
- Water bottle
- Singlet and race number (pins)
- Racing Belt (if isn't on yet from bike)
- Cap
- More Sunscreen
- Sunglasses (second clean pair?)
- Clothes for after the race

BACKPACK

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

MAIN BIG BAG

- Toilet Bag(soap,toothbrush,razor,etc)
- Alarm clock
- Warm clothes, Jacket
- Workout clothes, shorts, T's
- Shoes, sandals
- Sewing kit, tape, sizzors, marker
- Race day food
- Towels
- Tools
- Heart Rate Monitor
- Washpan and towel
- Floor Bike pump
- First Aid
- Chain lube