



TRIATHLON RACE DAY CHECKLIST

Ensure you are prepared with all your race gear with our Triathlon Race Day Checklist!

GENERAL

- Watch or heart rate monitor & band
- Energy bars, gels & fluids
- Sunscreen
- Talcum powder (for shoes)
- Vaseline (to prevent chaffing)
- Race belt (if wearing a race number)
- Race kit (swim cap, stickers, wrist & timing band)

SWIM

- Swim suit or tri suit
- Wetsuit
- Plastic bags (to help put wetsuit on)
- Goggles x 2 (or spare strap/nose piece)
- Ear and nose plugs if required
- Swim cap (part of your race kit)
- Body Glide, baby oil or Vaseline (to help remove wetsuit)
- Transition towel (brightly coloured)

BIKE

- Bike and helmet (Entry will be refused if not of an appropriate standard)
- Bike shoes or runners
- Socks (if required)
- Sunglasses
- Track pump (or check tyre pressure beforehand)
- Tool bag with spare tubes and repair tools
- Water bottles x 2
- Race wheels (if you are a speed demon!)
- Electrical tape (to fasten gels or repair kit to your bike)
- Bike computer

RUN

- Running shoes with elastic laces
- Socks (if required)
- Hat (to keep sun off and to keep wet/cool)
- Sunglasses (second clean pair if required)

POST RACE

- Clothing (dry, warm clothing for post race recovery)
- Recovery nutrition