

# Race Day Checklist

## Swim Gear:

1. Wetsuit
2. Swim Cap
3. Goggles

## Run Gear:

1. Running Shoes
2. Hat/ Visor
3. Race Number Belt

## Bike Gear:

1. Bike
2. Helmet
3. Bike Shoes
4. Socks
5. Bike Gloves
6. Tire Pump
7. Spare Tires/Tubes
8. CO2 Cartridges
9. Tools

## Transition Gear:

1. Towel

## General:

1. Race Uniform
2. Water Bottle (s)
3. Registration Confrim. & Photo ID
4. Race Number/Timing Chip
5. Gels/Energy Bars/Drinks
6. Money/ Extra Clothes
7. Directions/ Course Map

