

TRIATHICA TRIATHLON RACE DAY CHECKLIST

Race:	Date:
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Swim	Bike	Run	Other
<input type="checkbox"/> Swim suit/tri-shorts	<input type="checkbox"/> Bike	<input type="checkbox"/> Running shoes	<input type="checkbox"/> Snacks
<input type="checkbox"/> Singlet (racing top)	<input type="checkbox"/> Bike rack	<input type="checkbox"/> Cap/visor	<input type="checkbox"/> Extra drinks
<input type="checkbox"/> Wetsuit	<input type="checkbox"/> Bike shoes	<input type="checkbox"/> Baby powder	<input type="checkbox"/> Water
<input type="checkbox"/> Clear goggles	<input type="checkbox"/> Helmet	<input type="checkbox"/> Lace locks/Yankz	<input type="checkbox"/> Energy bars
<input type="checkbox"/> Color goggles	<input type="checkbox"/> Bike pump	<input type="checkbox"/> Energy gels	<input type="checkbox"/> Warm clothes (before)
<input type="checkbox"/> Goggle defogger	<input type="checkbox"/> Floor pump	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Extra clothes (after)
<input type="checkbox"/> Swim cap	<input type="checkbox"/> Patch kit	<input type="checkbox"/> Fuel belt	<input type="checkbox"/> Sandals
<input type="checkbox"/> Large towel (ground)	<input type="checkbox"/> CO2 cartridges	<input type="checkbox"/> Orthotics	<input type="checkbox"/> Sports bra
<input type="checkbox"/> Small towel (for feet)	<input type="checkbox"/> CO2 inflator valve	<input type="checkbox"/> Energy drink	<input type="checkbox"/> Backpack (not duffel)
<input type="checkbox"/> Body Glide	<input type="checkbox"/> Tire changing tools	<input type="checkbox"/>	<input type="checkbox"/> Race number
<input type="checkbox"/> Race chip	<input type="checkbox"/> Glue (for sew-ups)	<input type="checkbox"/>	<input type="checkbox"/> Tri-watch
<input type="checkbox"/> Ear plugs	<input type="checkbox"/> Tubes (2)	<input type="checkbox"/>	<input type="checkbox"/> Heart rate monitor
<input type="checkbox"/> Nose plugs	<input type="checkbox"/> Tire (spare)	<input type="checkbox"/>	<input type="checkbox"/> Nasal spray
<input type="checkbox"/> Water bottle (for feet)	<input type="checkbox"/> Water bottle (hydrate)	<input type="checkbox"/>	<input type="checkbox"/> Cell phone
<input type="checkbox"/> Neoprene cap	<input type="checkbox"/> Socks	<input type="checkbox"/>	<input type="checkbox"/> USAT license
<input type="checkbox"/> Pam	<input type="checkbox"/> Energy gels	<input type="checkbox"/>	<input type="checkbox"/> Race confirmation
<input type="checkbox"/>	<input type="checkbox"/> Sunglasses	<input type="checkbox"/>	<input type="checkbox"/> Flashlight
<input type="checkbox"/>	<input type="checkbox"/> Bar-end plugs	<input type="checkbox"/>	<input type="checkbox"/> Marker (body marking)
<input type="checkbox"/>	<input type="checkbox"/> Cycling gloves	<input type="checkbox"/>	<input type="checkbox"/> Duct tape
<input type="checkbox"/>	<input type="checkbox"/> Race wheels	<input type="checkbox"/>	<input type="checkbox"/> Electrical tape
<input type="checkbox"/>	<input type="checkbox"/> Valve stem extenders	<input type="checkbox"/>	<input type="checkbox"/> Box cutter (knife)
<input type="checkbox"/>	<input type="checkbox"/> Disc wheel adapter	<input type="checkbox"/>	<input type="checkbox"/> Safety pins
<input type="checkbox"/>	<input type="checkbox"/> Water bottle	<input type="checkbox"/>	<input type="checkbox"/> Trash bag (wet stuff)
<input type="checkbox"/>	<input type="checkbox"/> Energy drink	<input type="checkbox"/>	<input type="checkbox"/> Vaseline
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Sunscreen
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Glasses/contact lenses
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Bucket
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Camera
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Directions to race
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Money
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Race belt
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Salt tablets
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Special needs bag
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Note: Many of these items are optional. Delete items not needed and add others as required.