



TRIPLE THREAT TRIATHLON TEAM

Triple Threat Triathlon Race Day Check List

Pick the items that pertain to you.

Swim

- Bathing suit or tri race suit
- Wetsuit
- Goggles
- Spare goggles
- Race belt
- Defogger
- Wetsuit Lube
- Race cap
- Nose plugs
- Ear plugs
- Towel

General

- Watch
- Heart rate monitor
- Chest strap
- Directions to race
- Race maps
- Registration confirmation
- Race instructions (start times)
- Towel
- Sunscreen
- Rain gear
- Post race clothing
- Camera
- Your best Finish Line Smile

Bike

- Bike
- Front tire
- Helmet
- Water bottles
- Cycling shoes
- Baby powder
- Cycling shorts
- Cycling shirt
- Sunglasses
- Cycling gloves
- Socks
- Arm warmers
- Co2 inflators
- Extra tubes
- Co2 cartridges
- Bike pump
- Tools
- Tire levers
- Patch kit
- Race gels, etc

Run

- Running shoes
- Orthotics
- Hat
- Socks
- Sports bra
- Fuel belt
- Water bottle
- Body glide

