



## Handy Triathlon Check List

### GENERAL

- Pre-race nutrition
- Race belt (or safety pins)
- Garmin/GPS/HR monitor
- Energy gels / nutrition
- Phone (charged)
- Pen
- Hole puncher for race number
- Shoes for before the swim
- Talcum powder
- Toe warmers
- Base layer / Gilet / waterproof
- Waterproof bags for storage
- Membership card
- Money for day membership
- Race location known
- Funky finishing dance rehearsed
- Post-race clothing & food

### TRANSITION

- Drinks bottle
- Towel
- Energy gels / nutrition

### SWIM

- Tri-suit
- Wetsuit
- Body glide
- Goggles & Cap
- Ear plugs and Nose clip
- Dry bag for wetsuit

### BIKE

- Bike
- Bike rack (transport)
- Helmet
- Track & Mini pump & Tyre levers
- Spare innertube(s)
- Cycling shoes
- Sunglasses
- Drinks bottle(s)
- Nutrition
- Elastic bands / Electric tape
- Alum key set / tools

### RUN

- Running shoes
- Socks (if needed)
- Hat (if needed)
- Nutrition