

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)
- ☐ Spare pair of shoes – remember you will learn your race ones in transition

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

Triathlon Training Checklist

Tobias Bleicker

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