



RACE DAY CHECKLIST



TRANSITION

- Trisuit/ Race day outfit
- Photo ID
- AIG/course maps
- Transition towel/mat
- Sunscreen
- Anti-chafing
- Pre-race and post-race nutrition/snacks
- Watch (+charger)
- Post-race clothes
- Any medication

SWIM

- Wetsuit
- Goggles
- Swim Cap
- Anti-fog

BIKE

- Bike
- Bike Shoes
- Helmet
- Bike pump and/or CO2
- Bike Tool Kit
- Sunglasses
- Spare tubes/ Tire repair kit
- Water bottles and Nutrition

RUN

- Shoes
- Socks
- Race Belt
- Hat
- Nutrition

PLUS

- Your best smile for the on-course photographers!

