

RACE-DAY CHECKLIST

Race: _____ Date: _____

Location: _____

Race Start Time: _____ Arrival Time: _____

Transition Area Open Time: _____ Transition Area Close Time: _____

GENERAL KIT

- ☐ Race kit
- ☐ Race bib
- ☐ Race numbers (Tri Tats)
- ☐ Race belt
- ☐ Sunglasses
- ☐ Watch and GPS console
- ☐ Heart rate monitor
- ☐ Extra clothes/kit for bike or run (if cold weather)
- ☐ Timing chip

SWIM GEAR

- ☐ Wetsuit and/or swimskin
- ☐ Swim cap (extra)
- ☐ Goggles
- ☐ Anti-fog (baby shampoo)

BIKE GEAR

- ☐ Bike
- ☐ Helmet
- ☐ Bike shoes
- ☐ Tire pump
- ☐ Spare inner tubes
- ☐ Bike tools
- ☐ Rubber bands (for shoes on bike)

RUN GEAR

- ☐ Running shoes
- ☐ Socks
- ☐ Hat/visor

NUTRITION

- ☐ Bike and run calories (gels, solid food, etc.)
- ☐ Water bottles for bike (short course = 1 bottle of water on bike; long course = 1 bottle of water + 1 bottle of electrolyte drink)

TRANSITION AREA GEAR

- ☐ Towel/transition mat
- ☐ Transition backpack
- ☐ Gel/bar for 30-min prior to race-start
- ☐ Extra water bottle

MISCELLANEOUS

- ☐ Directions to race site
- ☐ Photo ID and USAT membership card
- ☐ Wallet and phone
- ☐ Headphones
- ☐ Sunscreen
- ☐ Body glide/lubricant
- ☐ Morning clothes (if needed)
- ☐ Post-race change of clothes (if needed)

RACE-DAY PREPARATION

- ☐ 1-3-week taper leading up to race (for 'A' and 'B' races)
- ☐ Adequate sleep the week of the race
- ☐ Full meal the night before
- ☐ Drink plenty of water the day before to ensure hydration
- ☐ Properly trained and conditioned (both mentally and physically) for specific race distance

NOTES:
