

Triathlon Checklist

Prevention is the key to success

Swim

Goggles
Anti – fog
Swim cap
Wetsuit
Body glide
Sunscreen
Zinc cream
Watch / heart rate monitor
Plastic bag
(to help fit wetsuit)
Race / tri suit
Tape / band aids
(as a preventative measure)
Toe nail polish (for all those girls who want to look their best)

Bike

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Bike shoes
Socks
Helmet
Water Bottles
Track pump
Sunglasses
Gas Cylinders
Race wheels
Spare tubes / singles
Tyre levers
Multi tool
Gloves
Gel flasks and holder
Bento box
Nutritional products (gels, gu's, bars)
Tool bag
Sunscreen
Race / number belt
Bike computer
Seat cover (for bikes in transition overnight)
Long sleeve top (for inclement weather)
Arm warmers
Small towel (for wiping face and drying feet...
in that order)

Run

Running shoes
Elastic laces
Running Cap
Fresh / Dry socks
(in case of rain)
More body glide (for your feet)
Sunglasses / lens
More sunscreen
More zinc cream
Race / number belt
Fuel belt and bottles
Gel flasks
Fuel of choice
Other nutritional supplements
Tape / band aids
(as a preventative measure)
Baby powder (for shoes)