Race Day Checklist

Race: _____ **Date:** _____

Location: _____

Race Start Time: _____ **Arrival Time:** _____

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

GENERAL

- ☐ Directions to race site
- ☐ Photo ID and Triathlon Membership card
- ☐ Wallet and phone
- ☐ Race kit
- ☐ Race bib
- ☐ Race numbers (Tri Tats)
- ☐ Race belt
- ☐ Sunscreen
- ☐ Body Glide
- ☐ Sunglasses
- ☐ Watch and GPS console
- ☐ Heart rate monitor
- ☐ Extra clothes (if needed)

SWIM GEAR

- ☐ Wetsuit/swimskin
- ☐ Swim cap (extra)
- ☐ Goggles

BIKE GEAR

- ☐ Bike
- ☐ Helmet
- ☐ Bike shoes
- ☐ Tire pump
- ☐ Spare inner tubes
- ☐ Bike tools

RUN GEAR

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

TRANSITION GEAR

- ☐ Towel/transition mat
- ☐ Transition backpack
- ☐ Food/gels and extra water bottles

NOTES:

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RACE-DAY PREPARATION

- ☐ 1 to 3-week taper leading up to race (for ‘A’ and ‘B’ races)
- ☐ Adequate sleep the few days leading up to 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