



Triathlon Race Day Checklist

“By Failing to Prepare, You Are Preparing to Fail”

Balancing Life 1 Mile at a Time

SWIM	BIKE	RUN	OTHER
<ul style="list-style-type: none"> ○ Tri Suit (1 or 2 piece) ○ Race Cap ○ Goggles (2 pair) ○ Anti-Fog ○ Sandals ○ Towel ○ Wetsuit ○ Swim Cap ○ Baby Oil/Body Glide ○ Heartrate Monitor ○ Watch ○ Body Marking ○ Ear Plugs ○ Timing CHIP 	<ul style="list-style-type: none"> ○ Bike ○ Helmet ○ Bike Shoes ○ Socks ○ Aero Bottle ○ Bike Pump ○ Nutrition ○ Bike Computer ○ Bike Race Sticker ○ Repair Kit** ○ ○ ○ ○ ○ ○ 	<ul style="list-style-type: none"> ○ Shoes/Socks ○ Visor/Headband ○ Sunglasses ○ Race Bib ○ Race Belt ○ Nutrition ○ ○ ○ ○ ○ ○ ○ ○ ○ 	<ul style="list-style-type: none"> ○ Charge Electronics!** ○ Place Your Race Stickers ○ Bug Spray ○ Transition Towel ○ Change of Clothes ○ USAT Card/Photo ID ○ Sunblock ○ Toilet Paper ○ Talcum Powder ○ ○ ○ ○ ○ ○

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<u>Charge Electronics**</u> - Change Heart Rate Battery -Change Cadence Battery -Change Power Meter Battery -Charge Watch -Charge Bike Computer -Charge DI2 on Bike	<u>Bike Repair Kit**</u> More is better if it fits -Tube -Tire Lever -2 Air Cartridge -Cartridge Adapter -Patch -Dollar Bill		
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<input type="checkbox"/> Tri Suit (1 or 2 piece)	<input type="checkbox"/> Bike	<input type="checkbox"/> Shoes/Socks	<input type="checkbox"/> Charge Electronics!**
<input type="checkbox"/> Race Cap	<input type="checkbox"/> Helmet	<input type="checkbox"/> Visor/Headband	<input type="checkbox"/> Place Your Race Stickers
<input type="checkbox"/> Goggles (2 pair)	<input type="checkbox"/> Bike Shoes	<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Bug Spray
<input type="checkbox"/> Anti-Fog	<input type="checkbox"/> Socks	<input type="checkbox"/> Race Bib	<input type="checkbox"/> Transition Towel
<input type="checkbox"/> Sandals	<input type="checkbox"/> Aero Bottle	<input type="checkbox"/> Race Belt	<input type="checkbox"/> Change of Clothes
<input type="checkbox"/> Towel	<input type="checkbox"/> Bike Pump	<input type="checkbox"/> Nutrition	<input type="checkbox"/> USAT Card/Photo ID
<input type="checkbox"/> Wetsuit	<input type="checkbox"/> Nutrition	<input type="checkbox"/>	<input type="checkbox"/> Sunblock
<input type="checkbox"/> Swim Cap	<input type="checkbox"/> Bike Computer	<input type="checkbox"/>	<input type="checkbox"/> Toilet Paper
<input type="checkbox"/> Baby Oil/Body Glide	<input type="checkbox"/> Bike Race Sticker	<input type="checkbox"/>	<input type="checkbox"/> Talcum Powder
<input type="checkbox"/> Heartrate Monitor	<input type="checkbox"/> Repair Kit**	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Watch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Body Marking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ear Plugs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Timing CHIP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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