

RACE ESSENTIALS

SWIM

- Tri-suit (1pc or 2pc)
- Goggles (2 sets: Clear & Reflective) + Spare
- Race Cap + Spare
- Speed Suit (if allowed - check race rules!)
- Wet Suit (if allowed - check race rules!)
- Wrist band to secure quick-release watch (if applicable)
- Anti-fog solution
- Transition 01 Specific Items (if any)

BIKE

- Bike
- Race Wheels w/ Race Tires & Inner Tubes
- Helmet
- Shades (2 lens sets: Clear & Reflective) + Spare shades
- Lens cleaning solution + cloth
- Hair cover/hair band (if needed)
- Gloves (if applicable)
- Race belt (with bib and gels)
- Socks (if applicable)
- Bike Shoes (+ rubber bands if mounted on bike)
- Spares & Race Tools/Maintenance + Mounting/Container:
Spare CO2 + Accessories
Pitstop/Hutchinson
Spare Tyres & Inner Tubes
Glue for tubulars (tubular is pre-stretched and glued)
Tire lever
Bike Multitool
- Nutrition mounting/container (i.e. Bento box)
- Water Bottle Holders
- Aero Bottle Mounts
- Watch/Bike Computer Mounts on Bike (if applicable)
- Full Disc wheel opening cover (to tape up for race)
- Transition 02 Specific Items (if any)

RUN

- Running Cap
- Running Shoes
- Compression wear (calf sleeves, etc.) (if applicable)
- Arm warmers (if applicable)
- Spare Running Shoes for Race Day Warm-Up (if applicable)
- Slippers (for Race Morning if needed)

ELECTRONICS

- Multisport watch + Charger & Cables
- Heart rate Monitor (w/ fresh batteries)
- Bike Computer (if applicable) + Charger & Cables
- Footpod (if applicable) (w/ fresh batteries)

INCLEMENT/COLD WEATHER & OTHER GEAR

- Rain vest
- Bike cover
- Rain vest
- Cold water wetsuit (if allowed - check rules)
- Plastic bag to help put wetsuit on

FUELING, HYDRATION, SUPPLEMENTS

- Race Day Morning Fueling
- Pre-Swim Fueling
- Bike Fueling
- Run Fueling
- T1 & T2 Fueling (if applicable)
- Race supplements (i.e. Race Day Boost)
- Salt Sticks/Pansalt
- Electrolytes: Hydrite, Nuun
- Gels
- Recovery Drink

BOTTLES

- Aero-bottle/s
- Race & Training Bottles

MEDS & OTHERS

- GI meds (if it applies to you)**
 - Imodium, Kremil S, Lactase, Probiotics, Enzymes
- Other Meds/Prescription as it applies to you**
- Other Items**
 - Anti-chafing: Petroleum Jelly, Triglide
 - Sunblock
 - Anti-Jelly Fish

RACE DAY ITEMS

- Race Kit or ID needed to claim Race Kit
- Head Lamp (for Early Morning Set-up at Transition)
- Bike Pump (with Sticker for claiming)
- Rag to wipe down bike (in case of Rain)
- Tissue & Wet wipes (for bathroom)
- Race Day Jacket (if needed)

SPECIAL NEEDS (when allowed for Full Distance)

BIKE SPECIAL NEEDS

(Check race rules if Nutrition ONLY or spares allowed)

- Back-Up Nutrition (gels, powder packets, salt-sticks)
- Back-Up Spares & Tools (Tyre, Tubes, CO2, Flat kits)
- Special Treats (Happy Food!)
- Ziplocs to protect items in case of rain

RUN SPECIAL NEEDS

(Check race rules if Nutrition ONLY or spares allowed)

- Back-Up Nutrition (gels, powder packets, salt-sticks)
- Spare Rain gear (socks, arm warmers, race jacket, etc.)
- Blister meds & band-aids
- Anti-chaffing cream/Petroleum Jelly
- Special Treats (Happy Food!)
- Ziplocs to protect items in case of rain

PERSONAL

- Phone
- License/Other Identification
- ATM
- Credit Cards
- Travel Insurance Docs (If racing abroad)
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PRE-RACE & RACE DAY CHECKLIST!

BEFORE BIKE CHECK-IN

- Bike is tuned properly and mechanicals work
- Powermeter batteries are fresh
- Powermeter is paired with bike to avoid race day issues
- Check Sticker on Bike
- Wear race tag (that matches # of sticker on bike)
- Check if Helmet is to be checked during Bike Check-In
- * RAIN: Secure bike with Bike cover or garbage bags
- * Avoid checking in items that may be stolen (eg. Gadgets)

IF T2 & SPEC NEEDS BAG WILL BE CHECKED IN

- Footpod batteries are fresh (if applicable)
- Running Cap/Visor
- Running Shoes w/ foot pod (if applicable)
- Extra Towel (if applicable)
- Gels, Bars, T2 bottles (if applicable)
- * *Check if you can check in nutrition on race day AM if your type of nutrition spoils easily*
- Bike & Run Special Needs bags are complete

NIGHT BEFORE

- Check Sticker on Helmet
- Put appropriate lenses on race shades + clean lenses
- Check & secure race bib to race belt (avoid bib tearing)
- Place gels on race belt (if applicable)
- Timing Chip secured (safety pin + duct tape)
- Place temporary tattoos
- Prepare race gear so it is quick to find and wear
- Prepare transition bag
- Prepare race fueling for SBR, and T1 & T2

- Make sure items that use batteries have fresh batteries
Heart Rate Monitor, Foot Pod, Etc.
- Check that gadgets are paired properly
Watch, Bike Computer, Heart rate Monitor, Footpod
- Check that gadgets are charged
Watch, Bike Computer

LEAVE A NOTE TO REMIND YOU OF THE FF!

- Collect your nutrition from the fridge!
- Bring your charged electronics! BIKE computer!

RACE MORNING

- Wear Heart Rate Monitor
- Wear Multisport Watch
- Apply as needed and practiced:
Anti-chafing, Sunblock, Anti-jelly fish
- Check that TRANSITION BAG is complete:
Swim, Bike, Run essentials
Transition Items

BEFORE LEAVING HOTEL, DON'T FORGET!!!

- SWIM, BIKE, RUN Fueling
- Extra T1 & T2 Fueling (Gels and Drinks)
- Bike Computer!
- Transition Set-Up Items (see list)
- Race Essentials (see list)
- Tool box & first aid kit

TRANSITION SET-UP & PRE-RACE

TRANSITION AND PRE-RACE

- Hotel slippers (worn at race venue to prevent cuts)
- Portable Flashlight / Headlamp for set-up
- Bike Floor Pump
- Bathroom wipes & tissue

OTHER TRANSITION ITEMS

- Transition towel (if applicable)
- Transition mat (bright and easy to spot if applicable)
- Rubber bands for bike shoes (if mounted on bike)
- Scotch Tape/Electrical tape
(for mounting gels as practiced)
- T1 & T2 Fueling if any (Gels & Drinks)
- Thick marker (if there will be body marking)

FINAL CHECK BEFORE TRANSITION CLOSSES!

- Tires pumped & Bike Mechanicals and Brakes checked
- Check gear placement of chain ring
- Bike shoes mounted (if applicable)
- Bento & Draft boxes complete, mounted and secured
- Fueling bottles & Gels mounted and secured
- Gadgets paired, mounted, secured and ON!
- Transition items are fixed for efficient transition!*
- Rehearse transition from entry. Note markers.
- Swim goggles and cap are on you! (anti-fog applied)

PRE-RACE WARM-UP

As recommended by your program/coach

POST-RACE

STREET GEAR/POST-RACE BAG

- Cellphone in Ziploc
- Change of Clothes + Slippers/shoes (post-race)
- Towel & Toiletries to freshen up
- Wallet

OTHER POST-RACE ITEMS & OTHERS

- Cooler with Iced water and towels + Alcohol
- Beer!
- ** Food/Budget for companions during race day