



Race Day Check List

Swim List

Anti Fog
*Body Glide
*Cap
Earplugs
*Goggles
Pam
*Sight Points for swim
Swim Suit
*Towel
Neoprene Cap
Spare Goggles
Watch
Water to clean feet
*Wetsuit

Run List

*Hat
*Heart Rate Monitor
*Orthotics
Running Shirt
*Running Shoes
Running Shorts
*Socks
Sunglasses
*Sunscreen
Water Bottle

Misc Items

Folding chair/Chaise
*Race Number Belt
Safety Pins
Sun Block
*Towel for Transition Area
Transition Bag
*USAT Card
*Vaseline
Walkman/CD Player
Water
Wrist Watch

Bike List

*Bar-end Plugs
*CO2 Cartridge
Chain Lube
Cycling Gloves
*Cycling Shirt
*Cycling Shoes
Cycling Shorts
Floor Pump
Frame/Mini Pump
*Helmet
Patch Kit
*Race Wheels
*Socks
*Spare Tire/Tube
*Sunglasses
*Tire Levers
Trainer
*Water Bottles
Wrench Set/Tools

Clothing

*Post Race Clothes
Post Race Shoes
Singlet
Sport Bra
Towel
*Tri-Shorts

Misc. Items

Advil
Body Glide
Bucket
*Cash
Champion Chip
Confirmation Letter/E-mail
Directions to Race
*Energy Bars
*Energy Drink
Energy Gels
Electrolyte Tablets
Heart Rate Monitor
*Positive ID
*Race Number

