



Triathlon Equipment Checklist

Note: This checklist is as inclusive as possible. You may not need all of these items for your event.

GENERAL ITEMS

| | |
|--------------------------|--|
| <input type="checkbox"/> | Body Glide/Pam, Blister shield, nip guards |
| <input type="checkbox"/> | Camera |
| <input type="checkbox"/> | Cash |
| <input type="checkbox"/> | Contacts (if needed) |
| <input type="checkbox"/> | Electrolyte caps/salt tablets |
| <input type="checkbox"/> | Energy Bars |
| <input type="checkbox"/> | Energy Drink |
| <input type="checkbox"/> | Energy Gels |
| <input type="checkbox"/> | Eyeglasses (prescription) |
| <input type="checkbox"/> | Heartrate monitor |
| <input type="checkbox"/> | MP3/CD/Ipod (pre- or post-race only!) |
| <input type="checkbox"/> | Permanent Marker - Body Marking |
| <input type="checkbox"/> | Picture ID (required) |
| <input type="checkbox"/> | Pre-race meal - energy gels, sports drinks |
| <input type="checkbox"/> | Race Directions, Map |
| <input type="checkbox"/> | Race Number |
| <input type="checkbox"/> | Race Number Belt |
| <input type="checkbox"/> | Registration confirmaton, race packet |
| <input type="checkbox"/> | Special Needs Bag |
| <input type="checkbox"/> | Sports Bra |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Timing chip strap/Champion Chip/AMB Chip |
| <input type="checkbox"/> | Towel for Transition Area |
| <input type="checkbox"/> | Transition Backpack |
| <input type="checkbox"/> | USAT Membership Card (required for annual members) |
| <input type="checkbox"/> | Vaseline |
| <input type="checkbox"/> | Wallet |
| <input type="checkbox"/> | Watch |
| <input type="checkbox"/> | Water |

SWIM

| | |
|--------------------------|-------------------------------------|
| <input type="checkbox"/> | Antifog lens spray |
| <input type="checkbox"/> | Earplugs, noseplugs |
| <input type="checkbox"/> | Goggles (2 pair) |
| <input type="checkbox"/> | Swimcap |
| <input type="checkbox"/> | Swimsuit or Tri-Suit (1 pc or 2 pc) |
| <input type="checkbox"/> | Towel |
| <input type="checkbox"/> | Warmwear cap (if cold) |
| <input type="checkbox"/> | Wetsuit |

BIKE - ITEMS IN T1

| | |
|--------------------------|--|
| <input type="checkbox"/> | Bar-end Plugs |
| <input type="checkbox"/> | Bike |
| <input type="checkbox"/> | Tub of water/"Rinse n Ride" to clean feet |
| <input type="checkbox"/> | Chain Lube |
| <input type="checkbox"/> | Cycling gloves (if needed) |
| <input type="checkbox"/> | Cycling Shirt (if needed) |
| <input type="checkbox"/> | Cycling Shoes |
| <input type="checkbox"/> | Cycling Shorts (if needed) |
| <input type="checkbox"/> | Electrical Tape (last minute bike repairs) |
| <input type="checkbox"/> | Floor pump |
| <input type="checkbox"/> | Frame/Mini Pump (if needed) |
| <input type="checkbox"/> | Fuel box/Bento Box - energy gels/bars |
| <input type="checkbox"/> | Helmet |
| <input type="checkbox"/> | Jacket, armwarmers, pants/tights (if cold) |
| <input type="checkbox"/> | Race number belt w/number if required |
| <input type="checkbox"/> | Race Wheels |
| <input type="checkbox"/> | Socks |
| <input type="checkbox"/> | Spare tire (tubulars) |
| <input type="checkbox"/> | Spare tubes (clincher), CO2 cartridges, inflator |
| <input type="checkbox"/> | Sunglasses |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Tire levers, patch kit, tool kit |
| <input type="checkbox"/> | Toe covers (if cold) |
| <input type="checkbox"/> | Trainer (pre-race warmup if needed) |
| <input type="checkbox"/> | Water bottles - water/sports drink |

RUN - ITEMS IN T2

| | |
|--------------------------|---|
| <input type="checkbox"/> | Body Glide (if needed) |
| <input type="checkbox"/> | Energy gels/bars, sports drink |
| <input type="checkbox"/> | Fuel Belt/Amphipod hydration belt |
| <input type="checkbox"/> | Hat/visor |
| <input type="checkbox"/> | Jacket, Running Pants, Vest (if cold) |
| <input type="checkbox"/> | Nip guards |
| <input type="checkbox"/> | Orthotics |
| <input type="checkbox"/> | Race number belt w/number (if required) |
| <input type="checkbox"/> | Running Shirt (if needed) |
| <input type="checkbox"/> | Running Shoes |
| <input type="checkbox"/> | Running Shorts (if needed) |
| <input type="checkbox"/> | Socks (if needed) |
| <input type="checkbox"/> | Sunglasses (if needed) |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Water Bottle |

POST RACE ITEMS

| | |
|--------------------------|---|
| <input type="checkbox"/> | Change of clothes for trip to the podium! |
| <input type="checkbox"/> | First Aid Kit - Hopefully not needed, but nice to have :) |
| <input type="checkbox"/> | Flip Flops/Sandals |
| <input type="checkbox"/> | Ibuprofen |
| <input type="checkbox"/> | Recovery drink, food, extra water |
| <input type="checkbox"/> | Sunscreen |
| <input type="checkbox"/> | Towel |
| <input type="checkbox"/> | Towelettes ("Wet Ones") |
| <input type="checkbox"/> | Victory Speech! |
| <input type="checkbox"/> | Desire to do it all again!!! |

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