



RACE DAY CHECKLIST

Swim

- At least 2 pairs of goggles (one for bright sun and one for cloudy conditions)
 - Wetsuit
 - Swimskin/Speed suit (if applicable)
 - Body glide (if applicable)
 - Swim cap
 - Anti-fog spray or No More Tears Baby Shampoo (both will help prevent fogging)
- *I generally keep two pairs of goggles that are only for race day (I use them in pre-race warm ups as well to make sure they are working well, but don't use them for day-to-day training)
- Pull cords if you like to use these to warm up (these can be useful if you know there will not be an opportunity to warm up prior to the race)

Bike

- Helmet
 - Sunglasses or built-in aero sunglasses
 - Bike shoes (and socks if you are wearing them)
 - Rubber bands (for flying mount transitions if applicable)
 - Bike Computer and mount
 - Di2 electronic shifter charger
 - Floor pump and adapter if you need it for your disc wheel
 - Flat kit - CO2 cartridges, spare tube (make sure you have preset extender valves for larger rimmed wheels), levers (if you have a QR, the built in spare tube case is awesome- no holder required)
 - Bike tool and any other tools unique to your setup
 - Bar-end plugs
 - Water bottles/hydration systems
 - Bento box or other system for holding nutrition (if you have a QR, this is built in—AWESOME)
 - Nutrition
- *Quick Tip- race day is not the time to try any new nutrition products (no matter how cool they sound). Remember- nothing new on race day!
- Spare parts for international/remote travel (e.g. spare Di2 cables, spare rotors, spare derailleur hanger)
 - Special needs bag if you are racing Ironman

Run

- Running shoes (2 pair)

- Elastic laces (i.e. Lock Laces) if using
- Race belt (if you plan to carry your nutrition, find a race belt that will hold your food)
- Visor or hat (if wearing)
- Any run nutrition (if you want to carry fluids bring your handheld)
- Socks
- Run special needs bag if you are racing Ironman

Other Stuff

- Tri-suit
- Race numbers and timing chip
- Transition towel
- Watch (Garmin, Timex, etc.) + heart rate strap
- Sunscreen
- Body Glide
- Powder, Vaseline, band-aids
- Scissors
- Electrical tape
- USAT (or other Federation) Card and ID
- Post race recovery drink + bottle/snack (3:1 carbohydrate to protein ratio)
- Post race dry clothes and shoes or sandals (if you brought two pairs of running shoes, you can use the second pair post-race)
- Money
- Credit card if you are gunning for a World Championship slot (you will need to pay the entry fee at the awards ceremony if you want to accept your slot. 70.3 awards generally happen on the day of the race and Ironman awards are generally the day after)