



TRAVEL AND RACE CHECKLIST



GETTING YOU THERE

- Map to Get You to the Right Place / GPS
- Phone / Credit Card / Cash
- Paper Work: Hotel Booking / ID / Cycling License
- Ear Plugs and Your Favorite Pillow
- Bike Protection (For the Travel)
- Fresh Water & Healthy Food
- Strong Mind and Relaxed Soul
- Cables & Batteries

GETTING READY

- Training Kits and Spare Shoes
- Energy Food
- Towels
- Extra Water Bottles
- Bike Tools + Pumps + Spare Tires and Repair Kit
- Toilet Paper
- Large Trash Bag for Wet Gear
- GPS Wrist Watch / HR monitor
- Elastic Bands / Tape / Pins / Scissors
- A Printed Copy of the Race Briefing
- Waterproof Over-Trousers
- First Aid Kit

GETTING YOU TO THE STARTING LINE

- Bike incl. Attached Race Number
- Race Shirt & Bibshorts
- Bike Helmet
- Bike Shoes
- Socks
- Gloves
- Drinking Bottles
- Energy Food
- Windbreaker Jacket
- Leg Warmer
- Arm Warmer
- Sunglasses

GETTING YOU TO THE POST RACE PARTY

- Compression Socks
- Cool Garments
- Shower Gel / Shampoo
- Massage Stuff
- Recovery Shake

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GETTING YOU THERE

- Map to Get You to the Right Place / GPS
- Phone / Credit Card / Cash
- Paper Work: Hotel Booking / ID / Triathlon License
- Ear Plugs and Your Favorite Pillow
- Bike Protection (For the Travel)
- Fresh Water & Healthy Food
- Strong Mind and Relaxed Soul
- Cables & Batteries

GETTING READY

- Training Kits and Spare Shoes
- Energy Food
- Towels
- Extra Water Bottles
- Body Glide
- Bike Tools + Pumps + Spare Tires and Repair Kit
- Black Marker
- Toilet Paper
- Large Trash Bag for Wet Gear
- GPS Wrist Watch / HR monitor
- Elastic Bands / Tape / Pins / Scissors
- A Printed Copy of the Race Briefing
- First Aid Kit

GETTING YOU OUT OF THE WATER

- Trisuit / Race Kit
- Wetsuit
- Goggles + Backup Pair
- Swim Cap from Race Bag + Backup cap
- Timing Chip Neoprene Band
- Race Belt with your Race Numbers

GETTING YOU ON THE BIKE

- Clean Bicycle with Bike Number Attached
- Race Wheels
- Bike Helmet
- Bike Shoes
- Socks
- Water Bottles
- Sunglasses
- Bike Gloves / Arm Warmers
- Energy Food

GETTING YOU ON THE FINISH LINE

- Running Shoes
- Race Cap or Visor
- Socks
- Possibly Other Pair of Socks
- Energy Race Belt
- Sunglasses

GETTING YOU TO THE POST RACE PARTY

- Compression Socks
- Cool Garments
- Shower Gel / Shampoo
- Massage Stuff
- Recovery Shake

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GETTING YOU THERE

- Map to Get You to the Right Place / GPS
- Phone / Credit Card / Cash
- Paper Work: Hotel Booking / ID / Running License
- Ear Plugs and Your Favorite Pillow
- Fresh Water & Healthy Food
- Strong Mind and Relaxed Soul
- Cables & Batteries

GETTING READY

- Training Kits and Spare Shoes
- Energy Food
- Towels
- Extra Water Bottles
- Toilet Paper
- Vaseline or Anti-Chaffing Cream
- Needle and Thread
- Large Trash Bag for Wet Gear
- GPS Wrist Watch / HR monitor
- Elastic Bands / Tape / Pins / Scissors
- A Printed Copy of the Race Briefing
- First Aid Kit

ADDITIONAL EQUIPMENT LIST

- Knife or Scissor
- Some Extra Cash

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GETTING YOU TO THE STARTING LINE

- Race Kit incl. Attached Race Number
- Mobile Phone
- Personal Beaker
- Stock of Water
- 2 x Torches incl. Spare Batteries
- Survival Blanket
- Whistle
- Adhesive Elastic Band
- Food Reserve
- Jacket with Hood
- Long Running Pants or Long Socks
- Additional Warm Midlayer Top
- Cap or Bandana, Warm Hat
- Warm & Waterproof Gloves
- Waterproof Over-Trousers
- Trail Running Poles

GETTING YOU TO THE POST RACE PARTY

- Compression Socks
- Cool Garments
- Shower Gel / Shampoo
- Massage Stuff
- Recovery Shake



