



GETTING YOU <b>THERE</b>	GETTING YOU TO THE STARTING LINE
☐ Map to Get You to the Right Place / GPS	☐ Bike incl. Attached Race Number
☐ Phone / Credit Card / Cash	☐ Race Shirt & Bibshorts
$\hfill \square$ Paper Work: Hotel Booking / ID / Cycling License	☐ Bike Helmet
☐ Ear Plugs and Your Favorite Pillow	☐ Bike Shoes
☐ Bike Protection (For the Travel)	☐ Socks
☐ Fresh Water & Healthy Food	☐ Gloves
☐ Strong Mind and Relaxed Soul	☐ Drinking Bottles
☐ Cables & Batteries	☐ Energy Food
	☐ Windbreaker Jacket
	☐ Leg Warmer
GETTING READY	☐ Arm Warmer
	☐ Sunglasses
☐ Training Kits and Spare Shoes	
☐ Energy Food	
☐ Towels	GETTING YOU TO THE POST RACE PARTY
☐ Extra Water Bottles	
☐ Bike Tools + Pumps + Spare Tires and Repair Kit	☐ Compression Socks
☐ Toilet Paper	☐ Cool Garments
☐ Large Trash Bag for Wet Gear	☐ Shower Gel / Shampoo
☐ GPS Wrist Watch / HR monitor	☐ Massage Stuff
☐ Elastic Bands / Tape / Pins / Scissors	☐ Recovery Shake
☐ A Printed Copy of the Race Briefing	
☐ Waterproof Over-Trousers	
☐ First Aid Kit	



CETTING VOLL**THEDE** 

☐ Timing Chip Neoprene Band

 $\square$  Race Belt with your Race Numbers

OLITI	No 100 MERE	SETTING TOO SIN THE BIKE
☐ Map t	to Get You to the Right Place / GPS	☐ Clean Bicycle with Bike Number Attached
☐ Phon	e / Credit Card / Cash	☐ Race Wheels
□ Pape	Work: Hotel Booking / ID / Triathlon License	☐ Bike Helmet
□ Ear P	lugs and Your Favorite Pillow	☐ Bike Shoes
☐ Bike I	Protection (For the Travel)	□ Socks
☐ Fresh	Water & Healthy Food	☐ Water Bottles
☐ Stron	g Mind and Relaxed Soul	☐ Sunglasses
☐ Cable	es & Batteries	☐ Bike Gloves / Arm Warmers
		☐ Energy Food
GETTI	NG <b>READY</b>	
		GETTING YOU <b>ON THE FINISH LINE</b>
☐ Traini	ng Kits and Spare Shoes	
☐ Energ	gy Food	☐ Running Shoes
☐ Towe	ls	☐ Race Cap or Visor
□ Extra	Water Bottles	□ Socks
☐ Body	Glide	☐ Possibly Other Pair of Socks
☐ Bike	Tools + Pumps + Spare Tires and Repair Kit	☐ Energy Race Belt
☐ Black	Marker	☐ Sunglasses
☐ Toilet	Paper	
□ Large	Trash Bag for Wet Gear	
☐ GPS \	Wrist Watch / HR monitor	GETTING YOU <b>TO THE POST RACE PARTY</b>
☐ Elasti	c Bands / Tape / Pins / Scissors	
☐ A Pri	nted Copy of the Race Briefing	☐ Compression Socks
☐ First Aid Kit	☐ Cool Garments	
		☐ Shower Gel / Shampoo
		☐ Massage Stuff
GETTI	NG YOU <b>OUT OF THE WATER</b>	☐ Recovery Shake
☐ Trisui	t / Race Kit	
□ Wets	uit	
☐ Gogg	les + Backup Pair	
☐ Swim	Cap from Race Bag + Backup cap	П





GETTING VOLL**THEDE** 

CETTING VOLUTO THE STADTING LINE

SETTING TOO THERE	GETTING TOO TO THE STARTING LINE
☐ Map to Get You to the Right Place / GPS	☐ Race Kit incl. Attached Race Number
☐ Phone / Credit Card / Cash	☐ Mobile Phone
☐ Paper Work: Hotel Booking / ID / Running License	☐ Personal Beaker
☐ Ear Plugs and Your Favorite Pillow	☐ Stock of Water
☐ Fresh Water & Healthy Food	☐ 2 x Torches incl. Spare Batteries
☐ Strong Mind and Relaxed Soul	☐ Survival Blanket
☐ Cables & Batteries	☐ Whistle
	☐ Adhesive Elastic Band
	☐ Food Reserve
GETTING <b>READY</b>	☐ Jacket with Hood
Training Vite and Chara Chara	☐ Long Running Pants or Long Socks
☐ Training Kits and Spare Shoes	☐ Additional Warm Midlayer Top
<ul><li>□ Energy Food</li><li>□ Towels</li></ul>	☐ Cap or Bandana, Warm Hat
□ Extra Water Bottles	☐ Warm & Waterproof Gloves
	☐ Waterproof Over-Trousers
<ul><li>☐ Ioilet Paper</li><li>☐ Vaseline or Anti-Chaffing Cream</li></ul>	☐ Trail Running Poles
□ Needle and Thread	
☐ Large Trash Bag for Wet Gear	GETTING YOU TO THE POST RACE PARTY
☐ GPS Wrist Watch / HR monitor	CETTING TOO TO THE FOOT RAGE PARTY
☐ Elastic Bands / Tape / Pins / Scissors	☐ Compression Socks
☐ A Printed Copy of the Race Briefing	☐ Cool Garments
☐ First Aid Kit	☐ Shower Gel / Shampoo
	☐ Massage Stuff
	☐ Recovery Shake
ADDITIONAL EQUIPMENT LIST	
☐ Knife or Scissor	
☐ Some Extra Cash	

