

THE ULTIMATE TRIATHLON RACE-DAY CHECKLIST

BY FINISHER ZONE 

SWIM

- | | | |
|-----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Wet suit | <input type="checkbox"/> Spare goggles | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Swim cap | <input type="checkbox"/> Ear plugs | <input type="checkbox"/> Wetsuit lube |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Tri suit | |

BIKE

- | | | |
|---|---|---|
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Cycling jersey | <input type="checkbox"/> Spare tubes |
| <input type="checkbox"/> Race wheels | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Spare tyre |
| <input type="checkbox"/> Energy Drinks | <input type="checkbox"/> Helmet | <input type="checkbox"/> Tyre levers |
| <input type="checkbox"/> Water bottles | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Mini-pump |
| <input type="checkbox"/> Cycling gloves | <input type="checkbox"/> Cycling shoes | <input type="checkbox"/> CO2 cartridges |
| <input type="checkbox"/> Cycling shorts | <input type="checkbox"/> Floor pump | <input type="checkbox"/> multi-tool |

RUN

- | | | |
|--|------------------------------------|---|
| <input type="checkbox"/> Running Shoes | <input type="checkbox"/> Race belt | <input type="checkbox"/> Running shorts |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Socks | <input type="checkbox"/> Singlet |

OTHER GEAR

- | | | |
|--|--|---|
| <input type="checkbox"/> Race number | <input type="checkbox"/> Flashlight | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Timing chip | <input type="checkbox"/> Triathlon license | <input type="checkbox"/> Parking permit |
| <input type="checkbox"/> Triathlon watch | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Money |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Towel | <input type="checkbox"/> Post-race clothing |
| <input type="checkbox"/> Transition bags | <input type="checkbox"/> Baby powder | |

ADVANCED GEAR

- | | | |
|--|---|--|
| <input type="checkbox"/> Bike computer | <input type="checkbox"/> Valve extender | <input type="checkbox"/> Elastic bands |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Salt tablets | |
| <input type="checkbox"/> Cable ties | <input type="checkbox"/> HR monitor | |

YOUR NOTES