

Triathlon race day check list

Pack everything the night before the race. Here are the things you will typically need: (Add your own at the bottom)

Tri Suit (if that's what you're wearing)	
Or swimmers/shorts/top	
Sports bra/crop top	
Goggles (make sure they don't leak or fog up!)	
Ear plugs (if you need them)	
Bike (recently serviced/tyres pumped up)	
Helmet (fitted properly)	
Cycling shoes (if applicable)	
Running shoes (consider elastic laces)	
Sun hat/visor/cap to run in	
Sunglasses	
Water bottle/s	
Race belt (alternatively, you can use safety pins for your race number)	
Socks	
A small brightly coloured towel for transition	
Change of clothes (for after the race)	
Sunscreen	
Vaseline/Body Glide	
Any nutrition you plan to use during the race	
Snack/food for after the race	
Any medication eg asthma inhaler	