



Triathlon Packing Check list

Planning is the key - ensure you have all your gear ready to go. Don't eat anything different of what you would before a training session. Stick to your nutrition plan.

Swim

- ☐ Tri shorts, swimsuit, and/or tri suit
- ☐ 2 sets of goggles (pair just in case)
- ☐ Swim cap
- ☐ Wetsuit
- ☐ Ear plugs
- ☐ Towel
- ☐ Ear plugs
- ☐ Disposable water bottle
- ☐ Lubricant (Any sports lube, wetsuit glide, Vaseline etc)
- ☐ Pre-race nutrition (gel, sports drink)

Bike

- ☐ Helmet
- ☐ Cycling shoes
- ☐ Socks (if wearing)
- ☐ Sunglasses
- ☐ Gels or Nutrition bars
- ☐ Water bottle(s)
- ☐ Floor pump (pump tires before you leave home, leave pump in your car just in case)
- ☐ Bike tools (CO2 inflator or pump, combi tool etc)
- ☐ Bike gloves
- ☐ Bike (Funny enough, but some have left this behind before)

Run

- ☐ Shoes
- ☐ Hat/visor
- ☐ Socks
- ☐ Race belt
- ☐ Race nutrition (gels, bars etc)

Other

- ☐ Timing chip if it has already been allocated to you – put this on as soon as possible and keep on until end of the race.
- ☐ Sunscreen
- ☐ Pre-race nutrition / electrolytes

- ☐ Post-race, change of clothes
- ☐ Post-race recovery drink/snack with a 4:1 ratio of carbs vs. protein if you can
- ☐ Transition towel
- ☐ Any race license or day licenses
- ☐ A Kick ass attitude!

Transition checklist – whether ready in gear bag/box or on a towel in transition

- ☐ Run shoes open – zips locks or laces loose
- ☐ Race belt ready
- ☐ Transfers and Numbers collected with Emergency contact details filled in
- ☐ Bike is in an easy gear and been lubricated
- ☐ Nutrition is on bike
- ☐ Sunglasses in helmet or gear bag
- ☐ Bike shoes are clipped into bike with rubber banded if you wish
- ☐ Tyres pumped up to your specs – remember to let out at least 15 PSI out if it's wet
- ☐ Spare tube / tyre levers / CO2 cartridge etc

Enjoy and good luck.