

RACEDAY CHECKLIST

Basics & Transition Area

- ☐ Extra Clothes/ Warm-ups
- ☐ Photo ID and USAT card (if applicable)
- ☐ Documentation, Race Numbers, Etc.
- ☐ Directions and Course Map
- ☐ Cash
- ☐ Race Uniform/Jersey/Numbers
- ☐ Lubricant
- ☐ Watch*
- ☐ Snacks or Supplements (bars, gels, etc)
- ☐ Water Bottle
- ☐ Towels
- ☐ Sunscreen

Swim

- ☐ Wetsuit
- ☐ Swim Cap
- ☐ Goggles

Bike

- ☐ Bike (tuned and checked)
- ☐ Cycling Shoes
- ☐ Helmet
- ☐ Gloves
- ☐ Sunglasses
- ☐ Pump
- ☐ Extra Tube
- ☐ CO2 Cartridge for Pump
- ☐ Tools

Running

- ☐ Running Shoes
- ☐ Socks
- ☐ Number Belt
- ☐ Hat

MORE STUFF

This is our basic list of gear that you'll want to remember for race day. Remember, each race is different so make sure you evaluate your needs and the requirements for each race.

Good luck!

*Make sure you check with each race for rules on watches and computers.