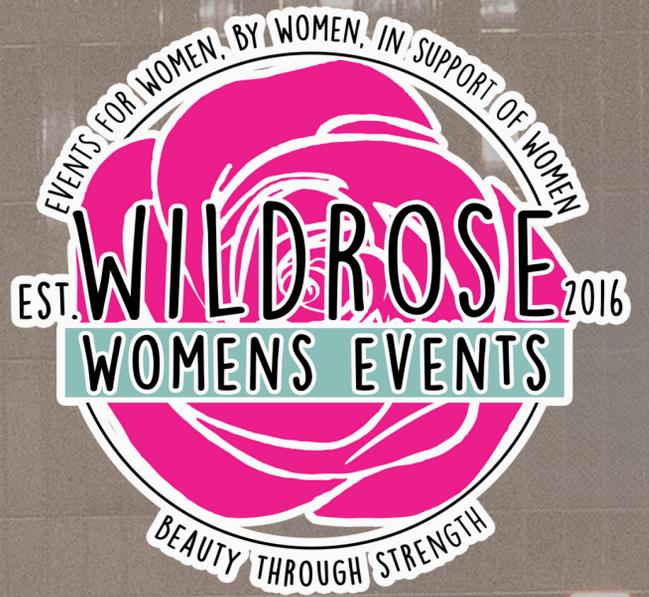


Indoor Triathlon Gear Checklist



SWIM:

- Bathing Suit
- Goggles
- Swim Cap
- Sandals
- Towel
- Watch (ie. Garmin)

CYCLE:

- Shorts and Shirt
- Shoes
- Socks
- Sweat Towel
- Water Bottle
- Nutrition / Snack

WALK/RUN:

- Running Shoes

OTHER GEAR:

- Lock (for locker)
- Post-Race Clothes
- Phone (for pictures)
- Spare Goggles
- Anti-Fog Wipe

RACE DAY TO-DO'S:

- Wake up with plenty of time so you can eat 2–3 hours before your start, without rushing. Note: choose foods you know sit well with you and keep it simple.
- Arrive 30minutes prior to your start time to get checked-in and settled. Remember to take it all in.
- Trust the work you've put in, meet yourself with kindness, and remember why you're here. This day is about showing up, doing your best, and enjoying the experience. You've got this!