

# Triathlon Gear Checklist



## SWIM:

- Triathlon Suit
- Goggles
- Swim Cap
- Sandals (from pool to T1)
- Watch (ie. Garmin)

## CYCLE:

- Bike
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- Nutrition / Snack
- Water Bottle
- Race Belt
- Bike Tube Repair Kit

## WALK/RUN:

- Running Shoes
- Visor/Hat

## OTHER GEAR:

- Jacket
- Post-Race Clothes
- Phone (for pictures)
- Spare Goggles
- Sunscreen
- Bike Gloves

## 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 30 minutes 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!

