



LAST-MINUTE

checklist

Common items

- Timing Chip
- Race Kit
- Watch/GPS/Heart Rate Monitor
- Anti-Chafe Product
- Nutrition Gels/Drinks
- Sunscreen
- Sunglasses
- Pre/Post-race Clothing
- Towel/Transition Mat
- Transition Bag/Backpack
- Race Number and Belt

Swim

- Wetsuit/Swimskin
- Swim Cap
- Goggles (+ extra pair?)
- Wetsuit-safe Lubricant
- Earplugs

Bike

- Bike
- Helmet
- Bike Shoes
- Gloves
- Floor pump (pre-race)
- Spare Tubes
- Valve Extenders
- CO2 Cartridges/Inflator
- Multi-tool
- Water Bottles

Run

- Running Shoes
- Hat/Visor
- Socks



swim. bike. run. shop.[®]