

A TRIATHLETE'S
RACE GEAR CHECKLIST

Coached

BEFORE YOU RACE	
<input type="checkbox"/>	Breakfast
<input type="checkbox"/>	I.D.
<input type="checkbox"/>	Tri suit or preferred race kit
<input type="checkbox"/>	Watch, GPS or heart rate monitor (don't forget your HRM strap)
<input type="checkbox"/>	Timing chip
<input type="checkbox"/>	Race number
<input type="checkbox"/>	Pins or race belt
<input type="checkbox"/>	Emergency contact info
<input type="checkbox"/>	Money / credit card
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Extra hair ties
<input type="checkbox"/>	Mobile phone
<input type="checkbox"/>	Vaseline or similar
<input type="checkbox"/>	Band-Aids or Nip Guards if necessary
<input type="checkbox"/>	Electrical tape (for taping gels to your bike etc)

WHILE YOU RACE	
SWIM SPECIFIC GEAR	
<input type="checkbox"/>	Swim cap
<input type="checkbox"/>	Goggles & spare pair
<input type="checkbox"/>	Antifog for goggles
<input type="checkbox"/>	Wetsuit
BIKE SPECIFIC GEAR	
<input type="checkbox"/>	Bike
<input type="checkbox"/>	Bike shoes
<input type="checkbox"/>	Helmet
<input type="checkbox"/>	Water bottles
<input type="checkbox"/>	Nutrition for bike
<input type="checkbox"/>	Spare tubes
<input type="checkbox"/>	Tire levers and other tools
<input type="checkbox"/>	CO2 cannister or pump
RUN SPECIFIC GEAR	
<input type="checkbox"/>	Run shoes
<input type="checkbox"/>	Hat or visor
<input type="checkbox"/>	Fuel belt
<input type="checkbox"/>	Nutrition for run

AFTER YOU RACE	
<input type="checkbox"/>	Change of clothes
<input type="checkbox"/>	Recovery drink
<input type="checkbox"/>	Food
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Band-Aids
<input type="checkbox"/>	Bag for dirty clothes

Other pre race gear

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