



# Race Day Checklist

<b>SWIM</b>	✓	<b>RECOMMENDED EXTRAS</b>	✓
Tri/Race Suit		Dry Clothes for post race	
Wet Suit		Sandals for post race	
Swim Cap		Sun Screen	
Goggles (and spare pair)		Heart Rate Monitor	
Towel		Watch	
Body Glide (Recommended)		Nutrition (Gel's, chews, bars)	
Anti-Fog or Baby Shampoo (Optional)			
Ear Plugs (Optional)			
<b>BIKE</b>	✓	<b>OPTIONAL EXTRAS</b>	✓
Bike Helmet (or Aero Helmet)		Extra Socks	
Sunglasses		USAT Card (If needed)	
Cycling Shoes		Vaseline	
Water/Drink Bottles			
Emergency Repair Kit			
-Spare Tube			
-CO2 Cartridges or portable pump			
-Multi Tool			
-Tire Wrench			
Speedometer (Bike)			
Fuel/Food Pouch			
<b>RUN</b>	✓	<b>ON THE INSIDE</b>	✓
Running Shoes		35% Courage	
Socks (Optional)		30% Determination	
Cap or Visor (Recommended)		12% Butterflies (They help you fly)	
Race (Bib) Belt		23% Crazy	
		100% Awesomeness	