

Triathlon Race Checklist

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IN THE CAR

- Directions to race & contact info
- Photo ID & USAT card
- Race registration confirmation
- Course map
- Race rules
- Checkbook & pen
- Camera(s) and friends to use them...
- Food and drink
 - Gallons of water (if no showers)
 - Water/electrolyte drinks
 - Food (PB&J, bananas, etc.)
 - Any special nutrition...
- Paper towel
- Toilet paper
- Sunscreen
- Bug repellent
- First aid kit, athletic tape
- Bike tire pump
- Bike chain lube
- Anti-chafe product(s)
- Beach towel
- Shampoo
- Ear drops
- Change clothes
- Bags for wet clothes
- Sandals
- Cold gear
 - Warm up jacket & pants
 - Under-wear gear
 - Gloves
- Rain gear
 - Rain jacket
 - Board shorts
- Camping gear
 - Sleeping bag
 - Pillow
 - Flash light
 - Tent
 - Extra food & water
 - Toiletries

IN TRANSITION

- Transition bag
- Small towel (to clean feet after swim)
- Swimsuit (or tri-suit)
- Wetsuit
- Watch
 - Heart rate monitor
- Swim goggles
- Swim cap
- Sharpie marker
- Bike race number
- Bike water bottles (filled)
 - Hydration pack/belt
 - Energy gels (tape to bike)
- Bike shoes
- Socks
- Bike gloves
- Helmet
 - Helmet race number sticker
- Bar-end plugs
- Sunglasses
- Spare tube(s)
 - CO2 cartridge/adaptor
 - Tire lever(s)
 - Bike tool/multi-tool
- Running shoes
- Race number
 - Race belt/shoe string/safety pins
- Timing chip
 - Timing chip strap

Bring extras of anything you can!

And most importantly, bring your best attitude, energy, and cheers to share with your fellow racers!