



TRIATHLON CHECK LIST

1. UNIFORM SINGLET,
2. UNIFORM JACKET/SWEATS/SHORTS (for after the race and podium)
3. BIKE SHOES,
4. RUNNING SHOES (2 pair – one for race and one for warm ups),
5. SOCKS
6. GOGGLES - 2 PAIR,
7. HELMET,
8. HAT,
9. WET SUIT,
10. EAR PROTECTION (Wax or plugs) and SQUID LID (for cold water swims)
11. SUN GLASSES,
12. RACE BELT,
13. EXTRA WATER BOTTLES,
14. TOWEL - 2 OPT.,
15. FLUID,
16. FUEL,
17. DRIVERS LICENSE,
18. USAT CARD.
19. BIKE PUMP
20. REPAIR KIT
21. EXTRA TUBES
22. BIKE TOOLS
23. RUBBER BANDS