

The first rule about Tri Club...



Talk about Tri Club



Triathlon Equipment Checklist

Note: This checklist is as inclusive as possible. You may not need all of these items for your event.

GENERAL ITEMS

<input type="checkbox"/>	Body Glide/Pam, Blister shield, nip guards
<input type="checkbox"/>	Camera
<input type="checkbox"/>	Cash
<input type="checkbox"/>	Contacts (if needed)
<input type="checkbox"/>	Electrolyte caps/salt tablets
<input type="checkbox"/>	Energy Bars
<input type="checkbox"/>	Energy Drink
<input type="checkbox"/>	Energy Gels
<input type="checkbox"/>	Eyeglasses (prescription)
<input type="checkbox"/>	Heartrate monitor
<input type="checkbox"/>	MP3/CD/Ipod (pre- or post-race only!)
<input type="checkbox"/>	Permanent Marker - Body Marking
<input type="checkbox"/>	Picture ID (required)
<input type="checkbox"/>	Pre-race meal - energy gels, sports drinks
<input type="checkbox"/>	Race Directions, Map
<input type="checkbox"/>	Race Number
<input type="checkbox"/>	Race Number Belt
<input type="checkbox"/>	Registration confirmaton, race packet
<input type="checkbox"/>	Special Needs Bag
<input type="checkbox"/>	Sports Bra
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Timing chip strap/Champion Chip/AMB Chip
<input type="checkbox"/>	Towel for Transition Area
<input type="checkbox"/>	Transition Backpack
<input type="checkbox"/>	USAT Membership Card (required for annual members)
<input type="checkbox"/>	Vaseline
<input type="checkbox"/>	Wallet
<input type="checkbox"/>	Watch
<input type="checkbox"/>	Water

SWIM

<input type="checkbox"/>	Antifog lens spray
<input type="checkbox"/>	Earplugs, noseplugs
<input type="checkbox"/>	Goggles (2 pair)
<input type="checkbox"/>	Swimcap
<input type="checkbox"/>	Swimsuit or Tri-Suit (1 pc or 2 pc)
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Warmwear cap (if cold)
<input type="checkbox"/>	Wetsuit

BIKE - ITEMS IN T1

<input type="checkbox"/>	Bar-end Plugs
<input type="checkbox"/>	Bike
<input type="checkbox"/>	Tub of water/"Rinse n Ride" to clean feet
<input type="checkbox"/>	Chain Lube
<input type="checkbox"/>	Cycling gloves (if needed)
<input type="checkbox"/>	Cycling Shirt (if needed)
<input type="checkbox"/>	Cycling Shoes
<input type="checkbox"/>	Cycling Shorts (if needed)
<input type="checkbox"/>	Electrical Tape (last minute bike repairs)
<input type="checkbox"/>	Floor pump
<input type="checkbox"/>	Frame/Mini Pump (if needed)
<input type="checkbox"/>	Fuel box/Bento Box - energy gels/bars
<input type="checkbox"/>	Helmet
<input type="checkbox"/>	Jacket, armwarmers, pants/tights (if cold)
<input type="checkbox"/>	Race number belt w/number if required
<input type="checkbox"/>	Race Wheels
<input type="checkbox"/>	Socks
<input type="checkbox"/>	Spare tire (tubulars)
<input type="checkbox"/>	Spare tubes (clincher), CO2 cartridges, inflator
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Tire levers, patch kit, tool kit
<input type="checkbox"/>	Toe covers (if cold)
<input type="checkbox"/>	Trainer (pre-race warmup if needed)
<input type="checkbox"/>	Water bottles - water/sports drink

RUN - ITEMS IN T2

<input type="checkbox"/>	Body Glide (if needed)
<input type="checkbox"/>	Energy gels/bars, sports drink
<input type="checkbox"/>	Fuel Belt/Amphipod hydration belt
<input type="checkbox"/>	Hat/visor
<input type="checkbox"/>	Jacket, Running Pants, Vest (if cold)
<input type="checkbox"/>	Nip guards
<input type="checkbox"/>	Orthotics
<input type="checkbox"/>	Race number belt w/number (if required)
<input type="checkbox"/>	Running Shirt (if needed)
<input type="checkbox"/>	Running Shoes
<input type="checkbox"/>	Running Shorts (if needed)
<input type="checkbox"/>	Socks (if needed)
<input type="checkbox"/>	Sunglasses (if needed)
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Water Bottle

POST RACE ITEMS

<input type="checkbox"/>	Change of clothes for trip to the podium!
<input type="checkbox"/>	First Aid Kit - Hopefully not needed, but nice to have :)
<input type="checkbox"/>	Flip Flops/Sandals
<input type="checkbox"/>	Ibuprofen
<input type="checkbox"/>	Recovery drink, food, extra water
<input type="checkbox"/>	Sunscreen
<input type="checkbox"/>	Towel
<input type="checkbox"/>	Towelettes ("Wet Ones")
<input type="checkbox"/>	Victory Speech!
<input type="checkbox"/>	Desire to do it all again!!!