



TCSD's Race Essentials Checklist

Use this handy checklist to make sure you are race ready. Go Tri Club!

SWIM

- Wetsuit
- Tri Kit or swimsuit
- Goggles (bring extra pair)
- Swim Cap (race and extra)
- Body Glide
- Transition towel

BIKE

- Bike (air up those tires)
- Helmet
- Shoes/Covers
- Socks
- Gloves
- Tri Kit or cycling kit
- Arm/leg warmers
- Base layer if cold
- Pump
- Water bottles
- Bento box
- Glasses
- Electrical tape
- Tools/patch kit
- Spare tubes, CO2
- hand pump, tire levers
- Valve extenders
- Race wheels/skewers
- Bike lock
- Chain lube/grease

RUN

- Run outfit, if necessary
- Hat/visor
- Sunglasses
- Chapstick
- Running shoes/socks
- Fuel belt/hydration pack
- Orthotics

RACE

- USAT Card for check-in
- Driver's License or ID
- Race rules/instructions
- Timing Chip
- Race number/bib
- Race belt/safety pins
- Bike helmet/bike stickers
- Watch/HR monitor

FOOD

- Pre-race snack
- Water/Electrolyte Drinks
- Salt Pills/Caffeine
- Bike food, drink – bars, real food
- Run Food – gels

TRAVEL

- Passport
- Plane ticket
- Triathlon bag
- Warm-up clothes (dry bag clothes)
- Sunscreen
- Rain jacket for bike/run
- Alarm clock
- Phone
- Extra comfy after-race shoes
- Extra car keys
- Directions to race start
- Toilet paper
- Plastic baggies
- Neon duct tape
- Bug repellent
- Old plastic grocery bags (great for very dirty stuff)
- Ibuprofen/Aleve
- First Aid kit



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