Triathlon Checklist

**Note:** This list is intentionally extensive. Not every racer will use every item in every competition.

### Swim
- Tri suit or swimsuit
- Wetsuit
- Cap
- Goggles
- Antifog solution for goggles
- Bodyglide (skin lubricant)
- Pre-race sandals or other footwear
- Towel
- Spare goggles
- Ear plugs

### Bike
- Bike helmet
- Water bottles (for frame cages) or hydration pack
- Bag attached under seat or mounted on top tube
- Spare tube or tubes (and/or patch kit)
- Floor pump
- Tire levers
- Cyclist’s multi-tool (with Allen wrenches)
- CO2 inflator (with cartridge) or minipump
- Helmet
- Sunglasses or clear eye protection
- Mirror (for handlebar or helmet)
- Jersey, T-shirt or tank top
- Cycling shorts
- Cycling gloves
- Cycling footwear
- Cycling socks

### Run
- Running shoes
- Speed (elastic) laces
- Running socks
- Cap or visor
- Sunglasses (if different from cycling glasses)
- Watch or heart rate monitor with chest strap

### Other Options
- First-aid items (blister treatment, bandages)
- Medical info/emergency contact card
- Prescription/over-the-counter medications
- Sunscreen
- Lip balm
- Chamois cream
- Baby wipes (for cleanups) or hand sanitizer
- Race number and documents
- Race belt (for number)
- Safety pins
- Performance gels/chews/bars
- Performance beverages or drink mixes
- Recovery foods/drinks
- Transition bag(s)
- Bike tire pressure gauge
- Handlebar end caps
- Camera
- Cash/credit card/photo ID
- After-race clothing (insulation layers if cool)
- Duffel (catch-all for loose gear)
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