



Triathlon Checklist

Our checklist for triathlons includes everything you need for the swim, bike and run legs, plus other items you may want to bring along. You may not need every item on this list for every triathlon, but we wanted to give you a comprehensive list so you won't forget anything.



Swim

- | | |
|---|--|
| <input type="checkbox"/> Tri suit or swimsuit | <input type="checkbox"/> Skin lubricant |
| <input type="checkbox"/> Wetsuit | <input type="checkbox"/> Pre-race sandals/other footwear |
| <input type="checkbox"/> Cap | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Spare goggles |
| <input type="checkbox"/> Antifog solution for goggles | <input type="checkbox"/> Ear plugs |



Bike

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



Run

- | | |
|--|---|
| <input type="checkbox"/> Running shoes | <input type="checkbox"/> Sunglasses (if different from cycling glasses) |
| <input type="checkbox"/> Speed (elastic) laces | <input type="checkbox"/> Watch or heart rate monitor with chest strap |
| <input type="checkbox"/> Running socks | |
| <input type="checkbox"/> Cap or visor | |



Other Options

- ☐ First-aid items (blister treatment, bandages)
- ☐ Medical info/emergency contact card
- ☐ Prescription/over-the-counter medications
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Bike tire pressure gauge
- ☐ 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)
- ☐ Handlebar end caps
- ☐ Camera
- ☐ Cash/credit card/photo ID
- ☐ After-race clothing (insulation layers if cool)
- ☐ Duffel (catchall for loose gear)
- ☐ _____