

Dave's Checklist to a better Triathlon

(Or Some Triathlon ABC's for those who are Triathlon Impaired)



Items to Pack – Basics

FOR ALL EVENTS

- _____ Swimsuit/Tri Suit
- _____ Singlet
- _____ Race Number belt
- _____ Sun Screen
- _____ Watch
- _____ Plastic Bin/Wash Basin
- _____ Race Specific foods/power drinks/gels
- _____ Space Blanket or towel (To organize your items on)
- _____ Flashlight
- _____

SWIM

- _____ Goggles
- _____ Wetsuit
- _____ Towel
- _____ Silicon Lube
- _____ Body Glide
- _____

BIKE

- _____ Bike
- _____ Helmet
- _____ Bike Shoes
- _____ Sun Glasses with strap
- _____ Socks
- _____ Compression mini pump/spare/tire levers (In mini saddle bag)
- _____ Water bottle/s
- _____ Floor pump
- _____

RUN

- _____ Running Shoes
- _____ Sun Visor/Head band
- _____

Other things to consider for a great race:

- **Quick ties for shoes**
- **Making sure your bike is in a good gear for starting out**
- **You have bar ends**
- **You have zeroed your bike computer**