



Race Day Checklist

Essentials	✓	Notes	Swim	✓
Race licence			Wetsuit	
Personal ID			Goggles + spare	
Money			Swim cap	
Toilet paper			Wetsuit lube	
Bin liner			Post swim rinse	
Carrier bags				
Safety pins				
Post-race drink/food			Bike	
			Bike (inc wheels)	
Extras			Bike shoes/cleats	
First Aid kit +			Bike socks	
Waterproof pen			Helmet	
Duct tape			Eyewear	
Zip ties			Race belt with numbers	
Spray lube			Sun cream	
Track pump			Repair kit	
			Pump/CO2	
Race kit			Bottles/drinks	
Shorts/Top			Nutrition	
Trisuit				
Bike top				
Waterproof			Run	
Gloves/Mitts			Shoes	
Bike socks			Run socks	
Run socks			Sun cream	
Wash kit & towel			Hat/eyewear	
Transition towel			Nutrition belt	
Post race clothes			Gels/fluids	