

RACE-DAY CHECKLIST

Take the pain out of packing with our triathlon gear planner

SWIM		OTHER		NOTES
	Wetsuit		Race registration paperwork and ID	
	Goggles (tinted and clear for		Pre-race drinks or nutrition, pre-	
	different light conditions)		mixed and ready	
	Swim cap		Track pump to set tyre pressures	
	Lube to stop chafing of wetsuit		Allen keys and other tools to deal	
	Tri-suit		with last-minute bike adjustments	
	Heart rate monitor/watch if you're		Safety pins for race number	
	using one		Energy gels, bars or other nutrition	
	Timing chip and strap		for the bike/run	
			Warm clothing for post-race	
BIKE			Roll of duct tape and some cable ties	
	Bike		(options for carrying nutrition)	
	Helmet		A towel for transition	
	Sunglasses		Post-race food	
	Bike shoes		Money for day membership if you're	
	Mini pump		not a member of the BTF	
	Spare inner tubes		Bin liner to keep pride and joy dry if	
	Bottle(s) pre-filled with your		racking up the day before a race	
	race drink		Toilet roll for pre-race toilet nerves!	
	Jacket (optional dependent on		Any medication (hay fever remedies,	
	weather and time of year racing)		asthma inhalers and so on)	
	Number belt if you're not using			

RUN

☐ Run shoes

safety pins

☐ Cap and socks if you wear them☐ Jacket (optional dependent on

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