



Run & Tri Coach

Swim-Bike-Run

E-mail coach@runandtricoach.com

TRIATHLON RACE DAY CHECKLIST					
SWIM					
Wet Suit	<input type="checkbox"/>	Spare Goggles	<input type="checkbox"/>	Swim Suit	<input type="checkbox"/>
Swim Cap	<input type="checkbox"/>	Ear Plugs	<input type="checkbox"/>	Wetsuit Lube	<input type="checkbox"/>
Goggles	<input type="checkbox"/>	Tri Suit	<input type="checkbox"/>		<input type="checkbox"/>
BIKE					
Bike	<input type="checkbox"/>	Water Bottles	<input type="checkbox"/>	Track Pump	<input type="checkbox"/>
Helmet	<input type="checkbox"/>	Energy Drinks	<input type="checkbox"/>	Saddle Bag & tools(see below)	<input type="checkbox"/>
Race Belt (Number attached)	<input type="checkbox"/>	Energy Gels	<input type="checkbox"/>	Tyre Levers	<input type="checkbox"/>
Bike Shoes	<input type="checkbox"/>	Nutrition (other)	<input type="checkbox"/>	Inner Tubes - Valve Extender	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>	Cycle Clothing (if changing)	<input type="checkbox"/>	Multi tool & Wipes	<input type="checkbox"/>
Cycle Computer	<input type="checkbox"/>	Wet Weather Clothing	<input type="checkbox"/>	Co2 Canisters + Adaptor	<input type="checkbox"/>
RUN					
Running Shoes	<input type="checkbox"/>	Energy Gels	<input type="checkbox"/>	Wet Weather clothing	<input type="checkbox"/>
Change of Socks	<input type="checkbox"/>	Water/Energy Drink for T2	<input type="checkbox"/>		<input type="checkbox"/>
Cap / Sun Visor	<input type="checkbox"/>	Run Clothes (if changing)	<input type="checkbox"/>		<input type="checkbox"/>
OTHER GEAR					
Timing Chip	<input type="checkbox"/>	Bin Liner (keep Trans Dry)	<input type="checkbox"/>	Safety pins	<input type="checkbox"/>
Sports Watch	<input type="checkbox"/>	Triathlon Licence	<input type="checkbox"/>	Hole Punch for Number	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>	Baby Powder	<input type="checkbox"/>	Money	<input type="checkbox"/>
Transition Bags	<input type="checkbox"/>	Towel	<input type="checkbox"/>	Post Race Clothing	<input type="checkbox"/>
YOUR NOTES					