

## Triathlon Gear Checklist

This is a suggested check list of the gear you should bring on the big day to ensure you achieve success!! A backpack or small gym bag works well to carry all your gear to the race transition area.

### Swim Gear

- Swim Cap (some races will supply this)
- Goggles
- Wet Suit (optional)
- Body Glide (anti-chafing rub for wetsuit)
- Swim Suit/Tri Suit (not optional)

### Bike Gear

- Bike\*
- Approved Helmet (must be worn at all times when on your bike)
- Bike shoes
- Socks
- Tire pump (optional)
- Spare tubes and tools (a small fanny pack or under seat pack works)

### Run Gear

- Running shoes
- Hat/Visor
- Socks
- Race belt or pins to attach race number (in race packet)

### General Gear

- Chip and ankle strap for timing\*\*
- Towel for transition
- Sunscreen
- Energy drinks, bars or gels
- Water bottle
- Dry clothes for post race partying
- Sunglasses
- Family and friends to cheer you to the finish line!!

\* Your bike should fit you, be in good repair and ready to go; tires good and hold air, breaks and shifting in working order, chain lubed, aero bars and bottle cage are on, etc.

\*\*Most races now hand this out on race day morning.

**This check list has been furnished courtesy of Wild River Triathlon Club  
For more information look at our website at: [www.wildrivertriclub.org](http://www.wildrivertriclub.org)**