



- **Swim**

- Tri shorts, swimsuit, or tri suit
- 2 sets of goggles (i.e., one tinted and one normal)
- Bright-colored towel
- Wetsuit
- Body Glide
- Anti-fog Spray for goggles

- **Bike**

- Bike (Race # attached)
- Helmet
- Cycling gloves, shoes & socks (if wearing)
- Sunglasses
- Water bottle(s) (H2O + Sports Drink)
- Nutrition
- Towel
- Tool Kit: tube, CO2, levers, multi-tool
- Tire Pump (check tire pressure morning of race)

- **Run**

- Running shoes
- Hat/visor
- Nutrition
- Race Belt with Race #
- Water
- Watch

- **Other**

- Body Glide
- Sunscreen
- Vaseline, powder, first aid kit, baby wipes
- Post-race, warm change of clothes
- Post-race recovery drink/snack

## **Race Day To-Do's**

- Wake up early and eat 3-4 hours before your start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).
- Stop drinking fluids about 2 hours before your start time. Continue sipping as needed. Pee, pee, and then pee again (don't worry, everybody pees in their wetsuit).
- Get to the race early to secure a good spot in transition. Ideally, this is a spot on the end of the rack close to the bike in/out.
  - Make a mental note of landmarks to help you easily find your rack.
  - Use a bright-colored towel so your area stands out...and be courteous. **NO BEACH TOWELS!**
- Organize your gear in the order you will use it - run through transitions in your mind.
- Make sure your body is marked as requested by Race Directors. Race #'s must be visible!
- Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Be on the line 5-10 minutes before the gun.
- No music devices are allowed on the course!
- Remember that this is why you put in all those training hours.

***Believe in your training, do your best -  
and have fun!***