



Triathlon Transition Gear Checklist

General Gear

- Race Directions, Map
- Race Registration, race packet, timing chip strap
- Pre-race meal - energy gels, sports drinks
- ID, USAT number, wallet, cash
- Magic Marker - Body Marking
- GPS Watch, HR monitor
- Trislide, Body Glide, Blister shield, nip guards
- Transition Backpack
- Camera/Phone

Swim

- Tri-Suit (1 pc or 2 pc)
- Goggles (2 pair)
- Wetsuit
- Warmwear cap if cold, swim cap
- Antifog lens spray
- Towel
- Ear plugs
- Nose plugs
- Trislide or Body Glide

Transition 1 (Bike)

- Bike
- Floor Tire Pump
- Water bottles - water/sports drink
- Spare tubes, co2 cartridges, inflator
- Tire levers, tool kit, chain lube/cleaner
- Sunglasses
- Helmet
- Gloves if needed
- Fuel box/Bento Box
- Energy gels, bars, Sports Drink
- Socks if needed
- Jacket, arm warmers, pants/tights - if cold
- Toe covers if cold
- Bike Shoes
- Race number belt w/number if required
- Bin of water or "Rinse n Ride" to clean feet
- Sunscreen

Transition 2 (Run)

- Running Shoes
- Socks if needed
- Race number belt w/number if required
- Hat or Visor
- Sunscreen
- Hydration Belt or pack
- Trislide or Body Glide, Nipguards if needed
- Energy gels, bars, Sports Drink
- Towel
- Jacket, Running Pants, Vest (if cold weather)

Post Race Items

- Recovery drink, food, extra water
- Change of clothes for trip to the podium!
- Sunscreen
- Towelettes ("Wet Ones")
- First Aid Kit - Hopefully not needed, but nice to have :)
- Ibuprofen - make sure are hydrated first
- Desire to do it all again!!!