

# Race Day Checklist

## **RACE-DAY CHECKLIST:** What to bring to every event

### **GENERAL**

- Photo ID
- Registration confirmation
- Directions to venue
- Course map
- Money
- Race uniform
- Race numbers and timing chip
- Sunscreen
- Sunglasses
- Anti-chafing product
- Extra clothes
- Watch

### **TRANSITION GEAR**

- Towel(s)/Transition mat
- Water bottle(s)
- Gels/energy bars and drinks/salt tablets

### **SWIM GEAR**

- Wetsuit
- Swim cap
- Goggles

### **BIKE GEAR**

- Bike
- Helmet
- Bike shoes
- Bike gloves
- Tire pump
- Spare tube(s)
- CO2 cartridges
- Tools
- Bar-end plugs

### **RUN GEAR**

- Running shoes
- Hat/visor
- Race number belt
- Socks

### **PERSONAL REMINDERS**

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*Never worry about forgetting important items again.  
Use this checklist to ensure you arrive at your next  
race relaxed and prepared.*

