

Transition Checklist

Pre-Race

- _____ Tote/Tri Bag
- _____ Floor Pump
- _____ Chain Lube
- _____ Body Marker (Sharpie)
- _____ Latex Gloves

Run

- _____ Run Socks
- _____ Run Shoes
- _____ Race belt (w/ race number)
- _____ Run Cap

Swim

- _____ Heart rate monitor (w/watch)
- _____ Timing Chip
- _____ Flip Flops
- _____ Tri Shorts
- _____ Tri Top
- _____ Sunscreen
- _____ Body Glide
- _____ Wetsuit
- _____ Swim cap
- _____ Goggles

Post Race Bag

- _____ Thermal Blanket
- _____ Towel
- _____ Shampoo / Deodorant
- _____ Underwear
- _____ Socks
- _____ Shirt
- _____ Sweat pants
- _____ Shorts
- _____ Jacket
- _____ Wet Clothes Bag
- _____ Recovery Drink

Bike

- _____ Bike Cover
- _____ Aero Bottle
- _____ 1 x 750 ml Gatorade
- _____ 1 x 750 ml Water Bottle

Saddle Bag

- _____ 2 x CO₂ Cartridges
- _____ 2 x Tubes
- _____ Repair Kit
- _____ Bike Tool

- _____ Towel
- _____ Helmet
- _____ Sunglasses
- _____ Bike Shoes