

RACE-DAY CHECKLIST: What to bring to every event

GENERAL

- USAT membership card
- 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

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

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

