

	RACE-DAY CHECK	LIST: What to	bring to every event
	GENERAL	SWIM GEAR	PERSONAL REMINDERS
	☐ USAT membership card	☐ Wetsuit	
三	☐ Photo ID	☐ Swim cap	
	☐ Registration confirmation	☐ Goggles	
	□ Directions to venue		
/m -	☐ Course map	BIKE GEAR	
	☐ Money	☐ Bike	
All and the second	☐ Race uniform	☐ Helmet	
	 Race numbers and timing chip 	☐ Bike shoes	
	☐ Sunscreen	☐ Bike gloves	
	☐ Sunglasses	☐ Tire pump	
	☐ Anti-chafing product	☐ Spare tube(s)	
	□ Extra clothes	☐ CO2 cartridges	
	□ Watch	☐ Tools	USA
	TRANSITION GEAR	☐ Bar-end plugs	
	☐ Towel(s)/Transition mat	DUDI CEAD	TRIATHLON
	☐ Water bottle(s)	RUN GEAR	
	☐ Gels/energy bars and drinks/salt tablets	☐ Running shoes☐ Hat/visor	
	Never worry about forgetting important items again. Use this checklist to ensure you arrive at your next race relaxed and prepared.	☐ Race number belt☐ Socks	