

Triathlon Transition Checklist

Swim	✓	Item
		Wetsuit
		Body glidant
		Swim Cap***
		Goggles (2) ***
		Timing Chip***
		Race Watch
		Swim Suit/Tri Suit/Tri separates***
		(+/-) Goggle anti-fog
		(+/-) Socks
		(+/-) Towel (small)
		(+/-) Towel (transition mat)
		(+/-) Snack (for pre-swim)
		(+/-) Plain Water Bottle

Run	✓	Item
		(+/-) Run shirt
		(+/-) Run Shorts
		Run shoes***
		(+/-) Socks
		(+/-) Race number belt
		(+/-) Hat/visor
		(+/-) Hydration
		(+/-) Nutrition (for run only)
		(+/-) Electrolytes

Special	✓	Item
		ID and USAT Card***
		Race Numbers***
		(+/-) Plastic bags
		(+/-) Portable glidant (Chapstick, etc.)

Bike	✓	Item
		Bike***
		Helmet***
		Sunglasses
		(+/-) Cycling clothes
		Cycling shoes***
		Socks
		Hydration
		Sunblock
		Extra tubes***
		Tire repair kit
		Small pump***
		CO2 for bike pump (above)
		Floor pump (for pre-race)
		(+/-) Nutrition (for bike only)
		(+/-) Electrolytes

Notes

***** Absolute MINIMUM to race. If you forget anything, DON'T forget these.**