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Race bag checklist

You may not use all of these, but during your practice bricks you can figure out what you need and you can pick and chose which items apply to you.

General

- Heart rate monitor
- Sunscreen
- Your food: gels and sports bars
- Your hydration source and carriers
- Extra water to pour over your feet. A tub to step in to rinse off your feet?
- Body Glide or water based lube to prevent chafing and help with your wetsuit.
- A towel to put your stuff on, another small towel to wipe your feet and yet another towel for post race.
- USAT license.
- Dry clothes for after the race (in a separate bag from your transition bag).
- Food for after the race? There is always food there, but sometimes it is not what you want or need.

Swim gear:

- swimsuit or whatever you are swimming in
- goggles: two pairs: for bright and cloudy conditions. Dark goggles can make the water very intimidating on cloudy days!
- wetsuit (call the event coordinator and find out water temp to see if you need one and if they are legal). If you are not racing for points, you can wear a wetsuit even in warmer water than is legal but you won't qualify for points
- swim cap (the race should provide one, but bring one just in case.)
- earplugs/ nose plugs

Bike gear:

- helmet
- bike shoes, socks and gloves, if you wear them
- tri shorts (or whatever you are wearing)—swim in your shorts so there is no need to change.
- race top/tank. You can swim in this if it is tight. If it is loose, you should put it on when you get to T1.
- jacket just in case it's cold and rainy
- sun glasses (take a dark pair and a yellow lens pair in case it's cloudy)
- water carrier and bottle/s
- spare tube and Co2 canister

- tools (flat tire kit/tools/spare –don't get too carried away—just the basics)

Run gear:

- shoes
- race number (on your race belt)
- running shorts (if they are different than your bike shorts. However, keep in mind there is nowhere private to change . . .). Ideally these will be what you biked in.
- running top, if different than cycling shirt. It saves time to run in what you cycled in, so it is not recommended to change.
- headband, visor or cap
- sun glasses (yes, two pairs for cloudy and clear conditions).
- hydration belt with food and liquid, if you use one. This will not be necessary for Sprint distance races.

Additional items to consider

- Plastic bags to put your shoes/ race gear in if it looks like rain, so that while you are swimming/biking they do not get soaked.
- Sports watch (your HR monitor would be best).
- Extra water to wash off your feet. This can be in a bottle to pour over them, or a small tub to stand in, if it is a sandy/muddy water exit.
- Something bright to demark your transition area so you can find it easily (balloons/ bright tape?)