



Athlete Check List

Spend more time worrying about the race and less time packing! This list should get athletes to the race with all essential gear. Items with an * will be given to athletes at the race.

Pre-Race

- Check event website for event updates
- Check email for event updates
- Go to Athlete Check In (required)
- Attend pre-race meeting & Transition Clinic

General

- Photo I.D.
- Race Bib Number*
- Bike Adhesive Number*
- Ankle Timing Chip*
- Wristband*

Swim

- Swim Suit
- Swim Cap
- Goggles

Bike

- Water Bottles
- Bike
- Supplies to fix flat tire
- Cycling Shirt
- Cycling Shoes
- Cycling Shorts or Tri Shorts
- Pump
- Helmet
- Socks
- Sunglasses

Run

- Race Belt
- Hat/Visor
- Running Shirt
- Running Shoes
- Running Shorts or Tri Shorts
- Socks
- Sunglasses
- Water Bottle
- Safety Pins

Clothing

- Flip Flops/Sandals
- Pre-Race Clothing
- Post Race Clothing
- Rain Gear
- Transition Towel

Misc

- Body Glide
- Confirmation Letter/Email for Packet Pick Up
- Directions to Race
- Head Light/Flash Light
- Sun Block
- Transition Bag
- Wallet
- Wrist Watch