

# TRIATHLON RACE DAY CHECKLIST

## SWIM ESSENTIALS

- Tri Suit
- Wet Suit
- Swim Cap
- Goggles
- Timing Chip

## OTHER MUST-HAVES

- Sunscreen
- Anti-Chafing Cream
- Sport Watch
- Transition Bag

## BIKE ESSENTIALS

- Bike
- Bike Shoes
- Socks
- Towel
- Helmet
- Sunglasses
- Nutrition/Hydration

## NUTRITION ESSENTIALS

- Nothing new on race day
- Keep it simple
- Replace 25% of calories burned
- At least 60g of carbs per hour

## RUN ESSENTIALS

- Running Shoes
- Hat/Visor/Headband
- Fuel/Race Belt
- Race Number
- Additional Nutrition/Hydration

## RACE DAY TO-DO'S

- Familiar breakfast
- Easily digested foods 4 hrs before race
- Sip electrolyte drink 2 hrs before race
- Use bathroom

**HAVE FUN!**