

Olympic Triathlon Race Checklist



Swim:

- Swim suit or tri shorts*
- Wetsuit*
- Goggles*
- Swim Cap*
- Lubricant or anti-chafe*
- Towel*
- Ear Plugs*

Bike:

- Bike*
- Helmet*
- Bike shorts or tri shorts*
- Bike Shoes*
- Sunglasses*
- Water bottles w/energy replacement fluids*
- Energy gel or snacks*
- Biking gloves*
- Sunglasses*
- Spare Tube, CO2, Tire Levers*

Run:

- Race shoes with elastic or quick laces*
- Cap or Visor*
- Lubricant for feet*
- Race number on race belt*
- Energy gel or snack*

Other:

- Warm clothes or Rain clothes*
- Sunscreen*

- Bag*
- Extra Energy gels and snacks*
- Sandals*
- Change of clothes for post race*

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