



## Sprint 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

