

TRIATHLON CHECKLIST

SWIM

- tri kit
- 2 sets of goggles
- wet suit
- swim skin
- ear plugs
- swim cap

BIKE

- bike
- bike shoes
- socks
- sunglasses
- helmet
- bike pump

RUN

- running shoes
- race belt
- visor

SUPPLIES

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> Garmin | <input type="checkbox"/> water bottles | <input type="checkbox"/> towel |
| <input type="checkbox"/> heart rate strap | <input type="checkbox"/> change of clothes | <input type="checkbox"/> plastic bags |
| <input type="checkbox"/> bike computer | <input type="checkbox"/> Body Glide | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> ID and USAT card | <input type="checkbox"/> safety pins/zip tie/electrical tape | <input type="checkbox"/> nutrition |