

TRIATHLON RACING FASTER

EQUIPMENT CHECKLIST

TRANSITION AREA

| | |
|----------------------|--------------------------|
| Towel | <input type="checkbox"/> |
| Sunscreen | <input type="checkbox"/> |
| Energy Source | <input type="checkbox"/> |
| Water Bottle | <input type="checkbox"/> |
| Vaseline (For shoes) | <input type="checkbox"/> |
| Baby Powder | <input type="checkbox"/> |

SWIM

| | |
|--------------------------------|--------------------------|
| Swimsuit/Wetsuit | <input type="checkbox"/> |
| Goggles (2 pair) | <input type="checkbox"/> |
| Defogger | <input type="checkbox"/> |
| Lubricant for wetsuit and body | <input type="checkbox"/> |
| Swim Cap (2) | <input type="checkbox"/> |

BIKE

| | |
|-----------------------------|--------------------------|
| Bike | <input type="checkbox"/> |
| Bike Shoes | <input type="checkbox"/> |
| Helmet | <input type="checkbox"/> |
| Race Wheels | <input type="checkbox"/> |
| Water Bottle(s) | <input type="checkbox"/> |
| Energy Source Taped on Bike | <input type="checkbox"/> |
| Sunglasses (correct lenses) | <input type="checkbox"/> |
| Spare Tire/Tube | <input type="checkbox"/> |
| Tools | <input type="checkbox"/> |
| Pump/CO2 | <input type="checkbox"/> |

RUN

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|--|--------------------------|
| Race shoes with lace locks/elastic laces | <input type="checkbox"/> |
| Hat/Visor | <input type="checkbox"/> |
| Race number belt | <input type="checkbox"/> |
| Energy for the run | <input type="checkbox"/> |

MISCELLANEOUS

| | |
|----------------------|--------------------------|
| Trash Bag | <input type="checkbox"/> |
| Jacket/Rain Gear | <input type="checkbox"/> |
| Socks | <input type="checkbox"/> |
| Transitions Gear Bag | <input type="checkbox"/> |
| Sandals | <input type="checkbox"/> |
| Post Race Clothing | <input type="checkbox"/> |