

# TRIATHLON RACING FASTER

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## 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

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"/>