



RACE DAY CHECK LIST

Have you ever forgotten your cycle shoes or water bottles on race day? It's a common occurrence to overlook the smallest of details when adrenaline and nerves distract you as you prepare for your big event. Race day can be a little overwhelming - the best way to ensure you don't forget anything is to download our race day ready checklist!

Note: It's always good to lay it out the night before in order that you will need it!

- Decals (Body, Bike, Helmet)
- Trisuit/swim suit
- Wetsuit (mandatory if below 16 degrees)
- Swim Cap
- Swim Goggles
- Spare Goggles
- Race Bib
- Bicycle (Bike must comply with ITU competition rules)
- Spare tube/puncture kit
- Cycling Shoes
- Socks (if desired)
- Helmet
- Water Bottles (1 pre-event, 1 Transition, 2 Bike)
- Sunglasses
- Running Shoes
- Watch/Garmin
- Cap
- Warm/Dry clothes
- Towel
- Sunblock
- Preferred nutrition