

CARMEN'S ULTIMATE TRIATHLON CHECKLIST

SWIM

- ☐ Body Glide
- ☐ Swim Cap
- ☐ Goggles
- ☐ Wet suit +/- gloves
- ☐ Watch (& charger)
- ☐ Tri/Swim Suit
- ☐ Hair Ties
- ☐ Towel
- ☐
- ☐

BIKE

- ☐ Bike
- ☐ Pump & Tools
- ☐ Shoes
- ☐ Socks
- ☐ Helmet
- ☐ Water Bottle +/- Straw
- ☐ Sunglasses
- ☐ Garmen (& charger)
- ☐ Bike shorts
- ☐ Cycle Gloves
- ☐ Arm Warmers
- ☐ Sticker Mount & Bib Holder
- ☐
- ☐

RUN

- ☐ Running Shoes
- ☐ Visor / Hat
- ☐
- ☐

ESSENTIALS

- ☐ Post Race Clothes
- ☐ Post Race Towel
- ☐ Sunscreen
- ☐ Flip Flops
- ☐ Nutrition
- ☐ Directions / Athlete Guide
- ☐ Hydration
- ☐ Band-aids
- ☐ Phone
- ☐ Triathlon Association Card
- ☐ ID
- ☐ Medications
- ☐
- ☐

EXTRAS

- ☐ Check when transition opens. Don't be late.
- ☐
- ☐
- ☐