

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
- Bandaids
- Phone
- Triathlon Association Card
- ID
- Medications
- _____
- _____

EXTRAS

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