



### Triathlon Gear Checklist

Item		Race 1	Race 2	Race 3	Race 4		Notes
Bike							
Race Wheels							
Wetsuit							
Travel Case							
Bike Helmet							
Run Shoes							
Bike Shoes							
Spare Tires							
Spare Tubes							
Race # Belt							
Fuel Belt							
Sunglasses							
Heart Rate Monitor							
Water Bottles							
Race Clothing							
Speed Laces							
Timing Chip Band							
BodyGlide							
Nutrition Products							
Air Pump							

- For each triathlon on your schedule, check off the items above as you pack.
- We recommend that you pack your gear the night before the event.