



RACE CHECKLIST

SWIMMING

- Wetsuit
- Body glide, olive oil or Pam for around your ankles
- Swim cap (HFP Racing provides)
- Earplugs (optional)
- Goggles

BIKING

- Bike shoes
- Bike socks
- Extra shirt
- Glasses
- Helmet
- Rain jacket (optional)
- Bike
- Water bottles
- Pump (CO2) and regular pump for pre-race
- Spare tubes
- Tools



RACE CHECKLIST

RUNNING

- Racing flats
- Running shoes
- Running socks and running shorts (in case want to run prior
- to race)
- Running hat (optional)

MENTAL

- Survey the course at a minimum. Do a trial run the week before
- Visualize your whole race, start to finish including the transitions
- Set goals for your race

MISCELLANEOUS

- Tri-shorts-top — can swim, bike and run in this
- Towels (2) one old one for standing on
- Plastic bags, garbage bags
- Additional water, sports drink
- Nutritional stuff, including prerace energy bar
- Clean clothes
- Watch