



The ULTIMATE Triathlon Race-day Checklist

Team Oxygenaddict's printable race-day checklist should contain **everything** you could **ever** possibly need (and probably lots of things you won't) for race-day!

PRE-RACE KIT

- ☐ Race entry confirmation
- ☐ ID
- ☐ Triathlon federation membership card
- ☐ Cash
- ☐ Spare chain & quick-links
- ☐ Spare tyre(s)
- ☐ Spare brake pads
- ☐ Spare cables (gear & brake)
- ☐ Tools: screw driver(s), torque wrench, allen keys, cable cutter, pliers, chain tool
- ☐ Track pump
- ☐ Zip ties / duct tape
- ☐ Chain lube
- ☐ Bike cleaning kit
- ☐ Bike stand
- ☐ Turbo / rollers (for race-morning warm up)
- ☐ Training wheel (for race-morning warm up)
- ☐ Alarm clock(s)
- ☐ Breakfast
- ☐ Timing chip
- ☐ Race numbers / stickers
- ☐ Marker pen (to write race numbers on)
- ☐ Race belt
- ☐ Hole punch / stapler / something to attach numbers to race belt
- ☐ Watch / bike computer - fully charged and with correct data fields set up

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- ☐ Heart rate monitor
- ☐ Spare batteries - power meter, di2, heart rate monitor
- ☐ Electronics chargers
- ☐ Camera
- ☐ Phone / mp3 player & headphones (transition only if allowed - check race pack)
- ☐ Talcum powder
- ☐ Toilet paper
- ☐ Chamois cream
- ☐ Suncream (applied the night before AND race morning)
- ☐ Tri-suit
- ☐ Warm / waterproof pre-race clothes
- ☐ Post race clothes
- ☐ Flip flops / sandals
- ☐ Spare running shoes
- ☐ Transition bag / box (if allowed - check race pack)
- ☐ First aid kit
- ☐ Ibuprofen, pain killers, immodium & any prescribed medication
- ☐ Anti-bacterial gel / wipes
- ☐ Pre race sports drink
- ☐ Pre race gel
- ☐ Water
- ☐ Special needs bag & items



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SWIM KIT

- ☐ Wetsuit
- ☐ Goggles & spares
- ☐ Goggle anti-fog
- ☐ Swim hat(s)
- ☐ Neoprene hat / gloves / shoes (if allowed)
- ☐ Nose clip
- ☐ Ear plugs
- ☐ Body-glide / Vaseline
- ☐ Towel
- ☐ Spare shoes at swim exit (if there's a run to transition)

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BIKE KIT

- ☐ Bike(!)
- ☐ Helmet
- ☐ Socks
- ☐ Bike shoes
- ☐ Elastic bands (to attach shoes for a flying mount)
- ☐ Sunglasses / helmet visor
- ☐ Gloves
- ☐ Cycling top / base-layer / gilet
- ☐ Arm / leg warmers
- ☐ Rain jacket
- ☐ Compression guards
- ☐ Small pump
- ☐ Co2 canisters
- ☐ Tyre levers
- ☐ Multi-tool with all required attachments
- ☐ Spare inner tubes / tubular tyre with valve extenders
- ☐ Puncture repair kit / can of Pit-stop
- ☐ Spare / optional wheels
- ☐ Power meter - calibrated
- ☐ Bottles & cages (including aero bottle accessories -straws, attachments etc)
- ☐ Saddle bag / bento box
- ☐ Sports drink
- ☐ Water
- ☐ Gels / energy bars
- ☐ Salt tablets / supplements
- ☐ Solid food - sweet and / or savory



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RUN KIT

- ☐ Trainers
- ☐ Socks
- ☐ Orthotics
- ☐ Elastic laces
- ☐ Running top / vest
- ☐ Running shorts
- ☐ Socks
- ☐ Gel flask (filled)
- ☐ Cap / visor
- ☐ Headband / hair ties