



The Traveling Triathlete Essentials TRIATHLON CHECKLIST

SWIM

- Swim suit / or race outfit
- Goggles
- Wetsuit
- Body Glide
- Swim cap
- Transition towel

BIKE

- Bike
- Helmet
- Biking shoes/
shoe covers for cold
- Socks
- Cycling shorts
- Cycling top
- Arm / leg warmers
- Floor pump
- Water bottles
- Bento box
- Glasses
- Electrical tape (for gels)
- Tools / patch kit
- Tubes / Hand pump / CO2 /
Tire Levers, etc.
- Grease / chain lube
- Bike lock for campsite
- Valve Extenders (for race wheels)
- Skewers (for race wheels)

RUN

- Race type outfit
- Running hat / visor
- Sunglasses
- Running shoes / socks
- Orthotics
- Water bottle / fuel belt

RACE SPECIFIC (varies by race)

- USAT Card / identification
- Race instructions
- Swim cap from race packet
- Timing chip
- Race number / race belt
(or safety pins)
- Bike / helmet numbers

RACE FOOD

- ENERGY BARS
- DRINK POWDER /
extra bike bottles
- GELS / Gel flask if you use
- Salt / electrolyte tablets
- LOTS of BOTTLED WATER
- Post-race protein drink

CAMP

- Tent / tarp / stakes
- Sleeping bag
- Sleeping pad / air mattress /
pillow
- Lantern / flashlight /
batteries / headlamp
- Friday snacks, dinner
- Sat breakfast / snacks / dinner
- Sunday breakfast / snacks
- Coffee, tea, hot chocolate
- Pot for boiling water
- Cooler / lots of ice
- Cookware / utensils if needed
- Bottle opener, can opener,
corkscrew
- Beer, wine, plastic cups
- Plate/bowl/mug/sharp knife/
cutting board
- BBQ tools
- Foil, plastic wrap/bags,
matches / butane lighter,
plastic containers, garbage bags
- Firewood
- Sponge / soap /
towel for clean up
- Plastic bags for dirty /
wet clothes
- Blanket / chair for sitting
around campfire

PERSONAL KIT

Use plastic zip bags to keep things dry

- Comb / brush / hair band /
hair ties
- Toothbrush / paste / dental floss
- Deodorant
- Soap / Small shampoo /
conditioner
- Shower shoes
- Razor
- Towels
- Sunscreen
- After sun lotion / Aloe Vera
- Lip balm w/sunscreen
- Aleve / Advil
- Any current prescriptions/
vitamins
- Toilet paper -
regular or Densopak
- Nail clippers
- First aid supplies
- Bug repellent / citronella candles
- Ice bag (for soreness, injuries)

OTHER

- Watch / Heart rate monitor
- Triathlon Bag
- Warm up pants
- Sunscreen
- More water Bottles
- Rain jacket
- Alarm clock
- Walkman / iPod / books /
magazines, chill stuff!
- Extra shoes (not running/cycling)
- Hotel / Camp information
- Directions to race start
- Extra car keys for your
carpool buddy!!



LA TriClub.com

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