

(Swim-Bike-Run) Triathlon Equipment Checklist

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<p><u>Pre-race</u></p> <p><input type="checkbox"/> Registration form and/or license</p> <p><input type="checkbox"/> Sunscreen</p> <p><u>Swim</u></p> <p><input type="checkbox"/> Wetsuit (optional)</p> <p><input type="checkbox"/> Pam cooking spray (for wetsuit)</p> <p><input type="checkbox"/> Tri Outfit (shorts and jersey)</p> <p><input type="checkbox"/> Goggles</p> <p><input type="checkbox"/> Swim cap (if not provided)</p> <p><u>T1 / Bike</u></p> <p><input type="checkbox"/> Transition mat or beach towel</p> <p><input type="checkbox"/> Bike stand (holds bike upright)</p> <p><input type="checkbox"/> Bicycle</p> <p><input type="checkbox"/> Shoes (with cleats attached)</p> <p><input type="checkbox"/> Water bottle (filled, in cage)</p> <p><input type="checkbox"/> Seat bag</p> <ul style="list-style-type: none">-- spare tube-- tire levers-- CO2 pump-- mini-tool <p><input type="checkbox"/> Bicycle Helmet</p> <p><input type="checkbox"/> Sunglasses</p> <p><input type="checkbox"/> Energy gel (on bike)</p>	<p><u>T2 / Run</u></p> <p><input type="checkbox"/> Running sneakers w/ Speed Laces</p> <p><input type="checkbox"/> Race belt (to clip number on)</p> <p><input type="checkbox"/> Running cap</p> <p><u>Post Race</u></p> <p><input type="checkbox"/> Change of clothes</p> <p><input type="checkbox"/> Sandals</p> <p><input type="checkbox"/> Post-race food and water</p> <p><input type="checkbox"/> First-aid kit</p> <p><input type="checkbox"/> Camera (to capture the memories)</p> <p><input type="checkbox"/> Towel</p> <p><input type="checkbox"/> Baby wipes</p> <p><input type="checkbox"/> Money</p>
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Looking for triathlon advice?

Check out CoachLevi.com for articles, how-to guides, and instructional videos.