



Race day gear

- general:

- trisuit or swimsuit
- tritop (if you are not using a trisuit)
- trishorts (if you are not using a trisuit)
- ankle strap for chip
- sunscreen
- watch or GPS
- pre-race hydration
- pre-race food
- compression socks (if you are using it)
- arm sleeves (useful for cold races or sun protection)
- warming up clothing

- swim:

- goggles
- spare goggles
- anti-chafing lubricant (vaseline, BodyGlide etc.)
- wetsuit or speedsuit (when allowed)
- swimcap (usually provided by the event)
- towel (if you want to dry/clean your feet during transitions)

- bike:

- bike (check if all main bolts are tight and brakes/gears working after assembling)
- race wheels (check if correct tyre pressure)
- bike shoes (check if cleats are working well)
- helmet
- water bottles (with water or anything else)

nutrition for the bike leg (gels or something else)

sunglass (can be only one for the entire event)

spare inner tube or tubular tire

CO2 cartridge to change a flat tyre (if you are running tubulars you will need 2x16g or 1x25g)

- run:

racing shoes (with elastic laces)

socks

visor or hat (visor has the benefit when watering your head for cooling purposes)

race number belt

nutrition for the run leg (gels or something else)

Others:

food (energy bars, electrolytes, etc.)

hat

sandals

snickers

dry set of clothes for after the race

warm up clothes

air tickets

electrical tape for emergencies

ID (passport, driving licence, etc.)

hotel booking receipt

National Federation or local triclub card for official races and insurance

music

cash and credit card

bike pump

alarm clock for race morning