

Race Day Checklists

Get ready for Race Day! Making a list can help you keep track of the items you'll need and want to bring with you on Race Day. Use our checklists below as a guideline to prepare for the fun!

To Bring – For the Race

- Race bib
- Swimsuit or tri suit (arrive wearing suit)
- Goggles (if needed)
- Small towel for drying off in Transition
- Bike
- Bike helmet
- Closed-toe running shoes
- Socks (if wearing)
- Shorts
- Shirt (short-sleeve, or long-sleeve if it is chilly) with bib number attached to the front (bib number provided in Race Day packet)
- Water bottle

To Bring – Other (suggested)

- Sunscreen
- Hat / visor
- Sunglasses
- Camera
- Large towel and post-race change of clothes for participant
- Plastic bag to hold wet items
- Easy-to-carry bag to hold everything (i.e. backpack, gym bag, large tote)

Transition Checklist

- Bike
- Bike helmet
- Closed-toe running shoes
- Shirt with bib number attached to the front
- Shorts
- Small towel for drying off
- Water bottle