



## What do I need to do a triathlon?

Come prepared ...  
FCTC recommended race check list:

Swim	Bike	Run
<ul style="list-style-type: none"> <li><input type="checkbox"/> Swimsuit or Tri-suit (in place of bike &amp; running shorts)</li> <li><input type="checkbox"/> Wetsuit</li> <li><input type="checkbox"/> Plastic bags to ease entry into wetsuit</li> <li><input type="checkbox"/> Goggles</li> <li><input type="checkbox"/> Antifog drops</li> <li><input type="checkbox"/> Earplugs</li> <li><input type="checkbox"/> Extra cap</li> <li><input type="checkbox"/> Towel (big and little)</li> <li><input type="checkbox"/> Water in a pan to wash sand off feet in T1</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bike</li> <li><input type="checkbox"/> Bike Helmet</li> <li><input type="checkbox"/> Bike Jersey</li> <li><input type="checkbox"/> Bike gloves</li> <li><input type="checkbox"/> Bike shorts (sometimes worn underneath wetsuit)</li> <li><input type="checkbox"/> Bike shoes</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Number belt or pin number to jersey</li> <li><input type="checkbox"/> Sunblock (30 spf or higher)</li> <li><input type="checkbox"/> Sports bra</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Patch Kit (know how to use before race)</li> <li><input type="checkbox"/> Pump (floor &amp; emergency pumps)</li> <li><input type="checkbox"/> Spare tubes</li> <li><input type="checkbox"/> Tools</li> <li><input type="checkbox"/> Water bottles</li> <li><input type="checkbox"/> Small towel</li> <li><input type="checkbox"/> Extra tube</li> <li><input type="checkbox"/> Bento box</li> <li><input type="checkbox"/> Underseat bag</li> <li><input type="checkbox"/> Extra water bottles</li> <li><input type="checkbox"/> Food you plan to carry on the bike</li> <li><input type="checkbox"/> Vaseline (for underseat to prevent chaffing)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Running shoes</li> <li><input type="checkbox"/> Orthotics (if you need them)</li> <li><input type="checkbox"/> Running hat</li> <li><input type="checkbox"/> Running shirt/singlet</li> <li><input type="checkbox"/> Running shorts/pants</li> <li><input type="checkbox"/> Running socks</li> <li><input type="checkbox"/> Number belt</li> <li><input type="checkbox"/> Fuel/water belt</li> <li><input type="checkbox"/> Sunblock (30 spf or higher)</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Food</li> <li><input type="checkbox"/> Extra socks</li> <li><input type="checkbox"/> Long sleeve shirt</li> </ul>
<p><b>General</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Race packet</li> <li><input type="checkbox"/> Directions, maps, etc. to race start</li> <li><input type="checkbox"/> Hotel information</li> <li><input type="checkbox"/> Race entry confirmation letter</li> <li><input type="checkbox"/> USAT card</li> <li><input type="checkbox"/> Wallet, ID, license, cash, etc.</li> <li><input type="checkbox"/> Pre-race meal</li> <li><input type="checkbox"/> Transition bag (preferably backpack style)</li> <li><input type="checkbox"/> Energy bars, gels, or other race food</li> <li><input type="checkbox"/> Fluid replacement drinks and/or water</li> <li><input type="checkbox"/> Body glide</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> Plastic bags to cover bike seat or clothes incase of rain</li> <li><input type="checkbox"/> Ibuprofen and/or prescription drugs you take</li> <li><input type="checkbox"/> Watch/Heart rate monitor</li> <li><input type="checkbox"/> Toothbrush and paste</li> <li><input type="checkbox"/> Walkman, books, magazines, etc.</li> <li><input type="checkbox"/> Extra safety pins</li> <li><input type="checkbox"/> Extra swim suit</li> <li><input type="checkbox"/> Extra towels</li> </ul>	<p><b>Post Race &amp; Other Items To Consider</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Comfortable clothes and shoes for post race</li> <li><input type="checkbox"/> Extra water to rehydrate</li> <li><input type="checkbox"/> Post race food/drink</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Arm warmers and/or jacket</li> <li><input type="checkbox"/> Spare goggles glasses, contacts, socks, etc.</li> <li><input type="checkbox"/> Magic marker</li> <li><input type="checkbox"/> Alcohol wipes to remove body numbering</li> <li><input type="checkbox"/> Cloth and/or duct tape</li> <li><input type="checkbox"/> Camera</li> <li><input type="checkbox"/> Film</li> <li><input type="checkbox"/> Cell phone and charger</li> </ul>	