



## Triathlon Equipment Checklist

### SWIM

Suit

Cap

Goggles

Flip Flops (for walk to the swim start)

### BIKE

Bicycle

Sneakers or Bike Shoes

Socks

Helmet

Gloves

Water Bottle

Sunglasses

Bike Shorts

Shirt

Patch Kit or Spare Tube

Changing Tools (for flat tire)

Pump

Handlebar End Plugs  
(safety requirement)

Allen Wrenches

Race Number (provided)

### RUN

Shirt or Singlet

Sneakers

Socks

Shorts (can be same as bike shorts)

Hat

Sunglasses

Race Bib (provided)

### TRANSITION AREA

Water or Sports Drink

Energy Bar or Gel

Towel

Band Aids

Sunscreen

### MISC.

Warm Ups (for before the swim)

Dry Clothes (for after the race)

Gym Bag