Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Distance:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Things to do before

Class: A / B / C

|  |  |
| --- | --- |
| Check weather forecast |  |
| Check predicted water temperature |  |
| Nutrition on hand? |  |

### Tri Race Stuff to Take

|  |  |
| --- | --- |
| **In Transition bag** | **Tick** |
| * Rubber bands |  |
| * Warm-up ritual printout |  |
| * Race belt |  |
| * Goggles |  |
| * Glasses strap |  |
| * Swim cap |  |
| * Spare glasses |  |
| * Cycling shoes |  |
| * Running shoes and warm up shoes |  |
| * Running cap |  |
| * Towel |  |
| * Helmet |  |
| * Add Phone after warmup |  |
| **In Luggage** |  |
| * Tri-suit |  |
| * Track pants and sweater to wear on race morning |  |
| * Wetsuit |  |
| * Body Glide / Vaseline |  |
| * Nutrition, full gel bottle for standard races |  |
| * Dirty clothes bag |  |
| * Watch cable |  |
| **Car** |  |
| * pump |  |
| * Bike with Water bottle |  |
| * Bike spares (multi tool, tubular, tape) |  |
| * Training wheels if planning to ride before race |  |
| * Food: Oats, honey, soy milk, bananas, supplements |  |

Buy at location: butter, bread, cheese