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