

Race Day Checklist

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 checklist as a guideline to prepare for the fun. Also see the Transition Checklist that shows the equipment and personal items needed for set up in the Transition area of the race.

To Bring – For the Race

- 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 with bib number attached to the front (bib number provided in Race Kit)
- Water bottle

To Bring – Other (recommended)

- Sunscreen
- Hat / visor
- Sunglasses
- Camera
- Money / credit or debit card
- Nutrition - post-race recovery drink/snack for athlete (as needed, refreshments will be provided to athletes after the finish line)
- Large towel and post-race change of clothes for athlete
- Plastic bag to hold wet items
- Easy-to-carry bag to hold everything (i.e. backpack, gym bag, large tote)