



Endurance House™

running ◦ triathlon ◦ swimming

TRIATHLON PRE-RACE CHECKLIST

Items with asterisks are available at Endurance House

SWIM

- ___ race outfit (tri bottoms/suit/top, etc.)*
- ___ wetsuit*
- ___ goggles*
- ___ spare goggles*
- ___ anti-fog*
- ___ swim cap(s)*
- ___ sunscreen*
- ___ towel(s)
- ___ ear plugs*
- ___ Body Glide*

BIKE

- ___ bike
- ___ helmet*
- ___ socks*
- ___ bike shoes*
- ___ sunglasses*
- ___ pump*
- ___ water bottles*
- ___ tool kit (spare tires/tubes, multi-tool, tire levers, ect.)*

RUN

- ___ shoes*
- ___ socks*
- ___ orthotics (if applicable)*
- ___ race number belt*
- ___ hat/visor*

MISC.

- ___ race confirmation/email
- ___ directions to race venue
- ___ wallet, license, credit cards, etc.
- ___ CASH
- ___ toilet paper
- ___ clean clothes for after race
- ___ pre-race nutrition*
- ___ flip flops/sandals*
- ___ post race clothing
- ___ camera
- ___ medium sized plastic bag
- ___ towel for transition area
- ___ transition bag*
- ___ victory speech:
- ___ wrist watch*
- ___ cell phone
- ___ friends and family to cheer you on!
- ___ post-race food and drink*
- ___ permanent marker (in case body marking line is long or you rub your numbers off)
- ___ bottle of water for washing off sand in transition
- ___ Duct Tape
- ___ mp3 player (for pre or post race only)
- ___ eye glasses/contacts/saline

YOUR OWN ITEMS

- ___
- ___
- ___
- ___
- ___
- ___