

Race Day Packing List

Everything I bring, sorted by leg — so packing is manageable, not a scramble.

RACE

DATE



Swim

- ☐ Wetsuit
- ☐ Swim Skin
- ☐ Goggles
- ☐ Spare Goggles
- ☐ Anti-Fog
- ☐ Ear Plugs
- ☐ Swim Cap for Practice
- ☐ Swim Buoy
- ☐ Beach Towel
- ☐ Flip Flops
- ☐ Tri-Slide / Body Glide
- ☐ Pre-Race Fuel/Hydration
- ☐ _____
- ☐ _____
- ☐ _____



Personal Needs Bags

- ☐ Extra Fuel
- ☐ Extra Socks
- ☐ Long Sleeve Tear-Away
- ☐ _____
- ☐ _____



Race Day Prep Stuff

- ☐ Sunblock
- ☐ Bug Spray
- ☐ Scissors
- ☐ Duct/Electrical Tape
bib & bag stickers — survives rain
- ☐ Bike Tools/Gloves
- ☐ Extra Mylar
- ☐ Plastic Bags
handlebars/seat cover
- ☐ Chapstick w/ SPF
- ☐ Blister/Chafe Kit
moleskin, tape
- ☐ _____



Bike

- ☐ Helmet
- ☐ Bike Shoes
- ☐ Socks/Aero Sleeves
- ☐ Sunglasses
- ☐ Saddle Bag
- ☐ Tool Kit/Keg
- ☐ Bike/Rinse Bottles
- ☐ Fuel
- ☐ Electrolyte/Salt Tabs
- ☐ Arm Warmers
- ☐ Bike Pump
- ☐ Extra Tube/Tire/CO2
- ☐ Chamois Cream
- ☐ _____
- ☐ _____



Run

- ☐ Running Shoes
- ☐ Socks
- ☐ Hat/Visor
- ☐ Race Belt
- ☐ Hydration Handheld
- ☐ Fuel
- ☐ Electrolyte/Salt Tabs
- ☐ _____
- ☐ _____

RACE DAY

- ☐ Tri-Kit / Speedsuit
- ☐ Heart Rate Monitor
- ☐ Morning Clothes
- ☐ _____



Electronics

- ☐ Phone
- ☐ Portable Battery Pack
- ☐ E-Shifting Charger
- ☐ Power Meter Charger
- ☐ Bike Computer
- ☐ Watch & Charger
- ☐ _____



Documents

- ☐ Triathlon ID Card
- ☐ QR Code for Registration
- ☐ Course Maps
- ☐ Athlete Guide/Event Schedule
- ☐ Photo ID / Insurance Card
- ☐ Emergency Contact / Medical ID
- ☐ _____



Morning Clothes / Post-Race Bag

- ☐ Warm Layer / Dry Clothes
- ☐ Dry Shoes or Flip Flops
- ☐ Phone Charger
- ☐ Cash or Card
- ☐ Real Food
not another gel
- ☐ Recovery Drink/Shake
- ☐ Hotel or Car Key
- ☐ _____



Notes

Print it, check it twice, and tag **@thespeedycheese** when you cross that finish line.