Race-Day Packing List

Unlocking Triathlon • Alison Freeman

Personal Items

- ☐ ID
- ☐ Phone
- ☐ Credit card, cash, or both
- ☐ Keys
- ☐ Registration confirmation
- ☐ Directions to venue
- ☐ Athlete guide
- ☐ Race plan
- ☐ National governing body membership card

Pre-Race

Many of these items will be worn race morning

- ☐ Triathlon kit, triathlon bottoms, or swimsuit
- ☐ Casual shoes
- ☐ Sweatpants or shorts
- ☐ Sweatshirt or other top
- ☐ Timing chip
- ☐ Multisport watch
- ☐ Hair ties
- ☐ Sunscreen
- ☐ Pre-race hydration
- ☐ Headphones

Transition

- ☐ Transition or duffel bag
- ☐ Towel or transition mat
- ☐ Small towel for face
- ☐ Water bottle (or from pre-race)

Swim

- ☐ Race-issued swim cap
- ☐ Second swim cap (for cold water)
- ☐ Goggles
- ☐ Wetsuit
- ☐ Body glide
- ☐ Pre-swim fueling
- ☐ Throwaway socks to wear to the swim start

Bike

- ☐ Bike with race number stickers
- ☐ Helmet with race number sticker
- ☐ Sunglasses
- ☐ Bike shoes
- ☐ Bike socks
- ☐ Bike gloves
- ☐ Bike jersey (if changing)
- ☐ Bike shorts (if wore swimsuit for swim)
- ☐ Chamois cream
- ☐ Bike computer
- ☐ Flat kit
- ☐ Bike hydration and fueling

Run

- ☐ Run shoes
- ☐ Run socks
- ☐ Hat or visor
- ☐ Run top (if changing)
- ☐ Run shorts (if wore swimsuit for swim)
- ☐ Race bib
- ☐ Race belt or other bib fastener
- ☐ Run fueling
- ☐ Run hydration (if needed in addition to aid stations)

Post-Race

- ☐ Post-race fueling
- ☐ T-shirt or post-race outfit

Adapted from *Unlocking Triathlon: Training Plans and Coaching Support for a Confident Race Day.*