



Desert Sharks Triathlon Club

Triathlon Race-Day Checklist

Registration Items:

(To be installed at proper areas)

- Race Number
- Safety Pins
- Wrist Band (transition area access)
- Helmet Number/Bike Number
- Bag Numbers
- Timing Chip and Strap
- Swim Cap

Swim:

- Swimsuit or Tri-suit
- Goggles
- Swim Cap
- Defogger/spit
- Ear/nose Plugs
- Wetsuit
- Cheap Flip-Flops
- Anti-Chafe (body Glide, Pam)

Transition – T1:

- Gear Bag (w/ID if available)
- Towel
- Location Marker (balloon, flag, etc.)
- Drink bottle (water or energy drink)
- Gel or Energy Bar

Bike:

- Bike
- Race Wheels
- Helmet
- Bike Shoes
- Glasses or Goggles
- Gloves
- Bike Shorts/Jersey
- Bike Computer
- Water Bottles
- Socks
- Spare Tubes/Tires
- Tire Levers/Patches/Tool Bag
- Bike Pump/Inflator/CO2 Cylinders
- Energy Bars/Gels
- Race Number/Race Belt

Transition – T2:

- Location Marker (balloon, flag, etc.)
- Gear Bag
- Beverage/Gel

Run:

- Running Shorts/Shirt
- Running Shoes
- Socks
- Hat/Sweat Band
- Energy Bars/Gel
- Fuel Belt or Water Bottle
- Race Number/Race Belt
- Sunglasses (second pair?)
- Salt Tablets (optional)

General:

- Watch/Heart Rate Monitor
- Body Lube
- Electrical Tape
- Sunscreen
- Warm Clothes/Jacket
- Arm Warmers (for bike)
- Tunes (MPS or Walkman)*
- Identification
- USAT Registration Card
- Club Membership Card
- Cash
- Disposable Camera
- Vaseline/Lube
- BandAids/Nipple Protectors
- Chain Lube
- Floor Pump
- Breakfast
- Meds: Motrin, Tums, Pepto, etc.
- Race Instructions/Maps
- Extra Swim Goggles (just in case)

Notes:

*Rules often don't allow extra equipment like large duffle bags, etc., in transition areas. Be prepared to place your large gear bags elsewhere.

*Make sure to eat a decent breakfast that is light and easy to digest.

*Lay out your gear the night before according to how you'll be using it the next day. Double-check everything against your list. Pack everything according to category. Put the transition materials into the appropriate event bag (T1/Bike, T2/Run). Don't forget to leave out what you'll need in the morning.

*Test-ride your bike the day before, then check the tires for nicks or cuts. Make sure they are properly inflated. Take a floor pump and pressure gauge with in your car the next morning so you can refill if necessary.

*It is a violation of USAT rules and rules at some other races to use a personal music device of any kind while racing. If you pack an MP3 or Walkman or other music with you, only use it for pre-race preparation or post race, but not while you are participating in and being timed for the event.