Printable Triathlon Checklist

# Swimming

* Race outfit or tri-suit
* Anything you wear under your race-suit
* Wetsuit
* Goggles
* Spare goggles
* Swim cap

# Cycling

* Bike
* Race wheels
* Spare wheels, tires or tubes
* Bike tools/puncture repair kit
* Bike pump
* Bike bottles
* Cycle shoes
* Helmet
* Sunglasses
* Bike computer
* Optional bike clothing (such as arm warmers)
* Elastic bands (if you use them for fast bike transitions)
* Talcum powder for bike shoes
* Towel for transition area
* Socks (if needed)

# Running

* Run shoes
* Elastic laces
* Socks (if needed)
* Sunglasses
* Cap or visor
* Additional run clothes (if needed)

# Nutrition

* Fuel belt
* Bike bottles
* Energy gels/powders/bars etc
* Bento box (if you carry fuel on bike)
* Hydration tabs or salt capsules
* Food/drink for before and after event

# Other

* Bag for carrying transition gear
* Race details
* Travel/accommodation details
* Race number
* Race number belt
* Pins for race number
* Toilet paper (just in case)
* Any medications you take
* Phone charger
* Skin lube
* Sports watch
* Money/bank cards
* Passport/travel documents
* Triathlon association membership card or proof of ID



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