

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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