

TRI✓ LIST

SWIM

- ☐ SWIM CAP
- ☐ WET SUIT
- ☐ SWIMSUIT/ TRI SUIT
- ☐ GOGGLES
- ☐ SPARE GOGGLES

BIKE

- ☐ BIKE (DUH)
- ☐ HELMET
- ☐ BIKE TOOLS/TUBE/CO2
- ☐ PUMP
- ☐ SUN GLASSES
- ☐ MARKING STICKERS
- ☐ CYCLING SHOES

RUN

- ☐ SHOES
- ☐ SOCKS (2 PAIRS)
- ☐ RACE BELT
- ☐ HAT/VISOR
- ☐ BIB NUMBER

ALL THE OTHER STUFF

- ☐ COLORFUL TOWEL FOR TRANSITION
- ☐ GELS/ NUTRITION
- ☐ WATERBOTTLES
- ☐ DRY/WARM CLOTHING
- ☐ SPARE GOGGLES
- ☐ BODY GLIDE/ BANDAIDS
- ☐ WATCH/ HEART RATE STRAP
- ☐ SUNSCREEN
- ☐ RACE DAY PACKET
- ☐ USTA CARD
- ☐ SANDALS/ SPARE SHOES
- ☐ DIRECTIONS/ GPS