



This is a list of the things I've found important to take to races. Of course, some may not apply. Depending on the length of the race, you might not need or want racing socks or cycling gloves, but this is a good start for your own checklist!

SWIM

Swim Cap
Swim Suit/Wetsuit
Goggles (2 Pair)
Vaseline/Bodyglide
Towel

BIKE

Bike
Racing wheels/tires
Spare tubes x 2
Hydration system
Floor pump
Frame pump
Number belt
CO2 canisters
Bike shoes
Helmet
Sun glasses
Tools (allen keys, lubricant, chain breaker, spoke wrench, socket set, pliers)
Water bottles x 4

RUN

Running socks
Racing shoes
Hat
Number belt
Vaseline/Body Glide
Orthotics
Spare laces
Gel flasks

OTHER

Sports drink/electrolyte beverages/protein bars
Toiletries (ibuprofen, allergy medicine, contact lens supplies, etc.)
USAT Membership Card
Heart rate monitor
Ice box & cooler blocks.
Camera
Film

