

# Race day Checklist

Swim	Bike	Run	Other
Wetsuit	Bike	Runners	TI Card/1 day licence
Goggles (+ spare)	Helmet	Hat	Sunglasses
Swim Hat	Cycling shoes		Watch
Vaseline/Baby Oil	Tubes x 2		Talc
Flip Flops	Pump		Race Belt
	Water Bottle		Penknife
	Socks (if wearing)		Set of Allen Keys
	Tri Top		Insulation Tape
	Tri Shorts		Mat/Towel for transition
	3-in-1 Oil		Rucksack
	Puncture repair tools		Box
			Rain jacket (if wearing)
			Gels/Energy Drinks/Energy Bars etc.
			Plastic bag

# Race Day

- Pre-entry on line
- Registration evening before/morning of race – Race Pack and Goodie Bag
  - Timing Chip
  - Race Numbers and pins
  - Swim Hat
- Timing chip on left ankle
- Assigned swim cap must be worn
- Numbers to be worn on front and back;
- Wear clothes you will race in under wetsuit