**Pool Based Triathlon Checklist**

**Below is an example list please tailor it to work for you**

|  |  |
| --- | --- |
| **General** | Yes/No |
| Event details  |  |
| Photo ID or Race License  |  |
| Registration details |  |
| Check kit and ensure that bike is working (have spare puncture kit) |  |
|  |  |
| **Pre Race**  |  |
| Work timings out and arrive in plenty of time (allow for things taking longer) |  |
| Have food and hydration with you |  |
| Check the rules and layout of the race (especially transition areas) |  |
| Check the route (ideally drive or ride or run the route before) |  |
| Have a bag to leave your street wear (i.e. what you arrived in & will wear after) |  |
| Wear tri suit or swimwear (including your HR monitor if you wear one) |  |
| Swim Hat (usually provided by the event) |  |
| Race numbers on body if required and chip usually round the ankle |  |
| Have swim goggles (can be worth having a spare pair just in case one breaks) |  |
| Track pump (if you have one)  |  |
|  |  |
| **Transition 1 Swim to Bike** |  |
| Bike Helmet with numbers if required |  |
| Race number on your Race belt – safety pins |  |
| Towel |  |
| Bike clothing weather dependant - shirt, arm warmers, gloves, shower proof top? |  |
| Suncream (if needed) |  |
| Bike shoes, socks  |  |
| Nutrition  |  |
| **On Bike** |  |
| Race numbers – on frame if required |  |
| Water bottle with water or energy drink |  |
| Bike bag: two inner tubes, bike pump, two tyre leavers, gas canisters & fitting |  |
| You may want to attach your shoes to your bike |  |
|  |  |
| **Transition 2 Bike to Run**  |  |
| Running Shoes (if different to on the bike) socks |  |
| Running Cap |  |
| Nutrition  |  |
|  |  |
| **Post Race** |  |
| Warm clothes  |  |
| Nutrition |  |
| **Celebrate and have lots of treats**  |  |