



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	