



# TRIATHLON EQUIPMENT CHECKLIST

Having the right gear can make a significant difference with your training and on race day. While some of the items listed below are luxuries, some are essential to prevent injury and maintain safety. Running Zone is here to help!

If you have any questions about any of the items listed below, please ask our experienced staff for help.

## Swim:

- ▶ Goggles
- ▶ Neoprene Cap
- ▶ Ear Plugs / Nose Plugs
- ▶ Anti-fog for Goggles
- ▶ Wet Suit (allowed if 78 degrees or colder)
- ▶ Tri Slide (helps with getting wet suit on and off)
- ▶ Swim Suit
- ▶ Fins / Paddles

## Bike:

- ▶ Bike (must have Bar End Plugs)
- ▶ Helmet
- ▶ Cycling Shirt/Shorts
- ▶ Cycling Shoes
- ▶ Patch Kit
- ▶ Sunglasses
- ▶ Water Bottles
- ▶ Spare Tire
- ▶ Spare Tube
- ▶ Pump
- ▶ Sunglasses
- ▶ CO2 Cartridge

## Run:

- ▶ Running Shoes (Racing flats optional)
- ▶ Elastic Laces
- ▶ Socks (optional)
- ▶ Fuelbelt/Race # Belt
- ▶ Running Shirt/Shorts
- ▶ Water Bottles
- ▶ Hat
- ▶ Body Glide / Sportshield

## Racing Equipment:

- ▶ Triathlon Suit
- ▶ Race # Belt
- ▶ Gear Bag
- ▶ Towel
- ▶ Elastic Laces for Shoes
- ▶ Transition Mat
- ▶ USAT Card / Picture ID
- ▶ Transition Bag
- ▶ Energy Gels
- ▶ Sunblock
- ▶ Small basin for washing feet