



## **Your Triathlon Race Bag**

Race Day is coming, make sure you are ready for it.

**Here is what to pack in your triathlon bag:**

- \_\_swim goggles**
- \_\_wetsuit**
- \_\_triathlon clothes (you swim, bike and run with them you do not change)**
- \_\_body glide**
- \_\_helmet that fits and fairly new, you will be disqualified if you don't have one**
- \_\_bicycle shoes**
- \_\_running shoes**
- \_\_little towel to clean your feet**
- \_\_socks or no socks your choice**
- \_\_gloves not necessary but wear them if you have to wear them**
- \_\_sunglasses**
- \_\_sunscreen**
- \_\_2 water bottle plastic only glass is NOT allowed in transition**
- \_\_gels or energy food drink you are used to**
- \_\_body powder for your feet if needed**
- \_\_duct tape just in case**
- \_\_racing belt for your number (optional)**
- \_\_speed laces for your running shoes (optional)**

Of course don't forget your bicycle and make sure it has been serviced and check before race day.

The swim cap and the timing chip will be provided by the race organization at registration together with your race numbers, one for the run, one for your bike.

Enjoy your day and pack the week before at least to make sure you have everything. Never pack on race morning!

Make sure your bike works properly and that your tires are in good shape.

You will have a blast!