

Orange County Triathlon Race Checklist

Swim

Swimsuit (place this with clothes you will be wearing race morning)

Goggles

Spare Goggles (trust us, you should have them)

Anti fog drops for goggles (optional)

Wetsuit

Tri suit (if not wearing a wetsuit)

Swim cap

Bike

Helmet (make sure you affix any race numbers you are given)

Bike shoes

Socks

Cycling shorts/Tri shorts

Cycling top/Tri top

Cycling glasses/sunglasses

Water Bottles (filled with water or carbohydrate drink)

Spare inner tubes

Tools

Bike pump (don't make yourself rely on others)

Gloves (optional)

Run

Running shoes

Race number (attached by safety pins, preferably, by race belt)

Socks (optional)

Running shorts/Tri shorts

Running shirt/Tri top

Headband, visor, or cap (optional)

Sunglasses (optional)

Other Essentials

Food, bars, energy drinks

Fuel belt

Tri bag

Towels