

## Pre-Race

- Race kit collection  
Can be day before or race day
- Charge technology  
Watch / bike computer / Di2
- Pump tyres  
Day before incase of leak
- Hydrate  
Hydrate well the day prior
- Eat well  
Food is fuel - fuel for race day
- Check timing / Set alarm  
Know your times - wave / travel etc.
- Pack gear bag  
Definitely the night before!

## Swim

- Swim cap  
Usually part of your race kit
- Anti chafe cream
- Wet suit
- Goggles
- Timing chip  
Usually part of your race kit

## Bike

- Bike  
Spare tubes / pump / CO2
- Bike helmet  
Apply race sticker
- Bike shoes
- Sunglasses
- Drink bottle/s  
No. depends on race distance

## Run

- Running shoes  
Best with elastic laces
- Hat / Visor
- Socks  
Optional BUT nothing new on race day!

## General

- Bright towel  
To been seen in transition
- Race nutrition / Gels  
Pre-race / Ride / Run / Post
- Race belt / Pins  
To attach race number if required
- Race kit / Clothing  
Nothing new on race day!
- Sunscreen  
Best applied before leaving home
- Spare shoes  
Running shoes go in transition!
- Money
- Warm / Extra clothing
- Hair ties
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Notes:

