**TRIATHLON CHECK LIST**

Race timing chip

 **SWIM**

Bathing suit

Wetsuit

Swim cap

Baby shampoo

Googles

Towels

Sports watch (if using one)

**BIKE**

Tri shorts

Tri shirt

Socks

Bike Shoes

Helmet

Sunglasses

Bike Jacket

Water bottles

Spare Tube/tire Levers and 2 Co2 cartridges

**Run**

Socks if you want a fresh pair

Running shoes