

## Triathlon Equipment Checklist

for training & racing - [blonderunner.com](http://blonderunner.com)

### NUTRITION & GEN. SUPPLIES

Liquid carbohydrates (gel, gu, bars, other)
Electrolyte fluid, water
Route map & directions
Registration information & confirmation
Plan of attack/race strategy
Coach & training plan
Strength training program
Well trained body
Ipod (music)
Camera
Sunscreen
Cash
Copy of USAT rules
USAT membership card (required for some races)
Picture ID
a positive "can do" attitude
Transition bag/bucket/backpack
Timing chip strap

### SWIM SUPPLIES

Swim suit – tri top and bottom/suit for racing
Goggles (2 – clear, dark)

Anti fog spray or wipe
Earplugs/nose plug
Swim cap (silicone, latex)
Pull buoy
Kick board
Mesh bag
towel
Flipflops/clogs
Swim bra
Wetsuit (max 5/6mm)

### BIKE SUPPLIES/TRANSITION 1

Mountain or road bike
Clip shoes or cages
Helmet (CPSC)
Gloves (optional)
Bike/trishorts
Bright color jersey
Bike bottle & water/fuel
Saddle bag
Road ID (identification)
Sunglasses (polarized)
Socks (optional)
Tool kit (lube)
Spare tire, CO2 cartridge
Floor pump (mini for bike)
Computer (mph, cadence)
Bar end plugs (required

USAT)
Reflectors/lights
Nutrition (water, fuel)
Toe covers/arm warmers
Sports bra (women) or jock (men)
Small towel or mat for feet
Indoor bike trainer/rollers

### RUN SUPPLIES/T2

Shoes (elastic laces for racing only)
Socks
Visor or hat
Race belt (with number)
Hydration belt (optional)
Arm warmers
Watch/Garmin HR monitor
Permanent marker
Spray lubricate/body glide
Drywick shirts/tights

### POST RACE ITEMS

Change of clothes (dry)
First aid kit
Spare shoes
Recovery electrolyte fluid
Desire to do it again!

**Discounted supplies available. Contact Lora "Blonde Runner" at 801-299-1601, [lora@blonderunner.com](mailto:lora@blonderunner.com).  
BlondeRunner.com**