



TRIATHLON

TRAVEL & RACE DAY CHECKLIST

Pack once. Arrive race-ready.

ATHLETE NAME

RACE

RACE DATE

SWIM

- | | |
|--|--|
| ☐ Anti-Fog Solution | ☐ Tri Suit – Race Suit |
| ☐ Body Glide / Wetsuit Lube | ☐ Swimsuit |
| ☐ Swim Cap | ☐ Swim Skin (non-wetsuit) |
| ☐ Goggles x 2 | ☐ Wetsuit |

BIKE

- | | |
|---|--|
| ☐ Bike | ☐ Helmet / Visor |
| ☐ Chain Lube | ☐ Inner Tubes |
| ☐ CO2 Cartridges | ☐ Socks |
| ☐ Cycling Shoes | ☐ Sunglasses |
| ☐ Cycling Kit | ☐ Tyre Levers |
| ☐ Floor Pump | ☐ Tools to Build Bike |

RUN

- | | |
|--|--------------------------------------|
| ☐ Race Belt | ☐ Running Kit |
| ☐ Hat / Visor | ☐ Socks |
| ☐ Running Shoes | ☐ Sunglasses |

CLOTHING

- | | |
|---|---|
| ☐ Flip Flops / Sandals | ☐ Rain Gear |
| ☐ Jacket / Gilet | ☐ Underwear / Bras / Socks / PJs |
| ☐ Post Race Clothing | ☐ Casual Wear |
| ☐ Pre Race Clothing | ☐ Towel |

NUTRITION

- | | |
|---|--|
| ☐ CurranZ | ☐ PH Capsules |
| ☐ Energy Bars – OTE | ☐ PH Tabs |
| ☐ Torq Energy Sachets | ☐ PH Sachets |
| ☐ Torq & KMC Energy Gels | ☐ Protein Powder – UPerform |
| ☐ Kendal Mint Cakes | ☐ Water Bottles x 2 |
| ☐ Running Vest | ☐ Hydration Bladder |
| ☐ Soft Flasks x 2 | |

TECH

- | | |
|--|---|
| ☐ Travel Adapters | ☐ Ultra Recovery Gun |
| ☐ Di2 / Electronic Battery | ☐ HR Monitor Chest Strap |
| ☐ Bike Computer | ☐ Laptop / Charger |
| ☐ Charging Cables | ☐ Wahoo Watch / Charger |
| ☐ Head Torch (for transition) | |

MISCELLANEOUS

- | | | |
|--|---|---|
| ☐ Anti-Chafe | ☐ Pain Killers | ☐ Wallet |
| ☐ Batteries – AA, AAA, C032 | ☐ Passport | ☐ Transition Bag |
| ☐ Covid Docs | ☐ Sun Block / P20 | ☐ Vaseline |
| ☐ Elastic Bands | ☐ Talc / Baby Powder | ☐ Zip Lock Sandwich Bags |
| ☐ Race Day Backpack | ☐ Towel | ☐ Inhalers / Meds / Vits |
| ☐ Directions to Race | ☐ Wash Kit | |

NOTES

Anything race- or venue-specific goes here — travel times, transition set-up, weather plan.