

Sprint and Olympic Race Gear Check List!

- ☐ Tri kit
- ☐ Sports bra
- ☐ Flip flops
- ☐ Sweat shirt

- ☐ Goggles
- ☐ Cap
- ☐ Wetsuit
- ☐ Bike shoes
- ☐ Socks
- ☐ Helmet
- ☐ Sunglasses
- ☐ Water bottle w/hydration product
- ☐ Hat/Visor
- ☐ Shoes
- ☐ Race watch
- ☐ Timing chip
- ☐ Race belt with number attached
- ☐ Bike race number (*put it on when you park at the race if you are transporting your bike on the back of your car so it doesn't tear off*)

- ☐ Wash
- ☐ Chain lube
- ☐ Brake check
- ☐ Tire check (punctures, wear)
- ☐ Flat kit (tube, tire levers, CO2)
- ☐ Tighten shoe cleats

- ☐ Water bottle for sipping
prerace (*not your race bottle*)
- ☐ Prerace Snack (*just in case*)
- ☐ Spare goggles (*just in case*)
- ☐ Postrace snack
- ☐ Bike pump
- ☐ Towel
- ☐ Toilet paper
- ☐ Race Nutrition (gels, bars, etc if needed)
- ☐ Sunscreen
- ☐ Chapstick (with SPF!)
- ☐ Body glide
- ☐ Post race clothes (*I love a dry shirt and loose shorts I can throw on in the bathroom or under a towel*)
- ☐ Phone/mp3 device
- ☐ Headphones