Triathlon competition checklist



eral	Swi	m	Bike		Rur	1	TRI-TRAINED
BT membership card		Wetsuit		Bike		Run shoes	
Registration Pack		Wetsuit Lube		Helmet(s)		Cap / Visor	
Directions to event		Swim float		Bike shoes			
Money		Goggles x 2		Elastic bands			
Waterproof sunscreen		Tri-suit		Puncture repair kit	Eve	nt details	
Watch		Ear / nose plugs		Spare inner tube		Name	
Torch		Swim hats		Tyre levers			
Safety Pins				Pump or CO2 inflator			
Phone with charger lead				Chain repair link		Post Code	
Blunt scissors				Multi tool with chain sp	litter		
Hole punch				Water bottle(s)			
Pre-race drink				Jacket		Notes	
Bike tools				Bike lights			
Track Pump				Bike computer			
First aid kit				Sunglasses			
Warm clothing				Energy bars			
Towel				Race belt			
Plastic Bag							
Toilet Roll							
Electrical Tape							
	BT membership card Registration Pack Directions to event Money Waterproof sunscreen Watch Torch Safety Pins Phone with charger lead Blunt scissors Hole punch Pre-race drink Bike tools Track Pump First aid kit Warm clothing Towel Plastic Bag Toilet Roll	BT membership card Registration Pack Directions to event Money Waterproof sunscreen Watch Torch Safety Pins Phone with charger lead Blunt scissors Hole punch Pre-race drink Bike tools Track Pump First aid kit Warm clothing Towel Plastic Bag Toilet Roll	BT membership card	BT membership card	BT membership card	BT membership card	Registration Pack