

Triathlon transition checklist



General

- Blunt scissors
- Hole punch
- Pre-race drink
- First aid kit
- Warm clothing
- Towel
- Plastic Bag
- Electrical Tape

Swim

- Wetsuit
- Wetsuit Lube
- Swim float
- Goggles x 2
- Ear / nose plugs
- Swim hats

Bike

- Bike
- Helmet(s)
- Bike shoes
- Elastic bands
- Puncture repair kit
- Water bottle(s)
- Jacket
- Bike lights
- Bike computer
- Sunglasses
- Energy bars
- Race belt

Run

- Run shoes
- Cap / Visor

Notes