



RACE DAY CHECKLIST

Presented by **body glide**

GENERAL

- USAT membership card or app
- Photo ID
- Registration confirmation
- Directions to venue
- Course map(s)
- Money
- Race uniform
- Race numbers and timing chip
- Sunscreen
- Sunglasses
- Body Glide
- Extra clothes
- Watch
- Transition Gear
- Towel(s)/Transition mat
- Water bottle(s)
- Gels/energy bars
- Drinks/salt tablets

SWIM GEAR

- Wetsuit (optional)
- Tri-suit (optional)
- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Bike gloves
- Tire pump
- Spare tube(s)
- CO2 cartridges
- Multitool (optional)
- Bar-end plugs

RUN GEAR

- Running shoes
- Hat/visor
- Race number belt
- Socks

Use this checklist to ensure you arrive at your next race relaxed and prepared.