

**CAL POLY TRIATHLON TEAM
RACE-DAY EQUIPMENT CHECK LIST**

Swim

- Goggles
- Tri-Suit or swimsuit
- Wetsuit (optional)
- Swim cap (provided by race)
- Champion Chip timing strap (provided by many races)

Bike

- Bicycle
- Cycling shoes
- Helmet
- Sunglasses
- Water bottle(s)
- Carbohydrate fuel bars or gels
- Pump or quikfil cartridge
- Spare tube(s) or tubular tires
- Socks (optional)
- Tri Suit or bike shorts (optional)
- Race number (provided by race)

Run

- Running shoes (w/lace locks or elastic shoelaces)
- Race number belt
- Visor or hat (optional)
- Tri Suit, or Running Shorts & singlet
- Socks (optional)

Transition/General

- Race Numbers
- Transition Towel
- Watch or heart rate monitor
- Water bottle
- Energy bar(s) or Gels
- Fluid replacement drink
- Sunscreen
- Safety pins
- Extra shoelaces
- BodyGlide/ or PAM
- Change of clothes, dry towel
- Pre-race food/drink
- Tools for bike repairs (hex tool, levers)
- Electric tape
- Rubber bands for cycling shoe quick transition