RACE-DAY CHECKLIST: What to bring to every event

GENERAL
☐ USAT membership card
☐ Photo ID
☐ Registration confirmation
☐ Directions to venue
☐ Course map
☐ Money
☐ Race uniform
☐ Race numbers and timing chip
☐ Sunscreen
☐ Sunglasses
☐ Anti-chafing product
☐ Extra clothes
☐ Watch

TRANSITION GEAR
☐ Towel(s)/Transition mat
☐ Water bottle(s)
☐ Gels/energy bars and drinks/salt tablets

SWIM GEAR
☐ Wetsuit
☐ Swim cap
☐ Goggles

BIKE GEAR
☐ Bike
☐ Helmet
☐ Bike shoes
☐ Bike gloves
☐ Tire pump
☐ Spare tube(s)
☐ CO2 cartridges
☐ Tools
☐ Bar-end plugs

RUN GEAR
☐ Running shoes
☐ Hat/visor
☐ Race number belt
☐ Socks

PERSONAL REMINDERS

Never worry about forgetting important items again. Use this checklist to ensure you arrive at your next race relaxed and prepared.