



Triathlon and Transition Gear

(Courtesy of USA Triathlon)

Transition Gear

- Towel(s)/Transition Mat
- Water bottle(s)
- Gels/energy bars and drinks/salt tablets

Swim Gear

- Swim Cap (Color-coded for swim wave)
- Goggles
- Wetsuit

Bike Gear

- Bike
- Helmet
- Bike shoes & glove
- Tire pump
- Spare tubes

- CO2 cartridges
- Tools
- Bar-end plugs

Run Gear

- Running shoes
- Hat/visor and/or sunglasses
- Race number belt
- Socks

General

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