

SAN DIEGO TRIATHLON SERIES

RACE DAY REMINDER CHECKLIST

- 1.) Directions to the race site and parking
- 2.) Wave Start Sheet
- 3.) Transition
 - a. Gear Bag
 - b. Towels
 - c. Foot bath, (optional)
 - d. Extra water
 - e. Entry drink, gel, bar (optional)
 - f. Vaseline, aspirin, band aids (optional)
 - g. Dry post-race outfit, windbreaker
 - h. Race numbers: helmet, bike, bib
 - i. Safety pins, or race number belt
 - j. Trash bag for wet stuff
- 4.) Swim
 - a. Swim suit
 - b. Swim cap
 - c. Wetsuit (optional)
 - d. Goggles
 - e. Ear/nose plugs
- 5.) Bike
 - a. Bike
 - b. Helmet
 - c. Sunglasses
 - d. Bike shoes (optional)
 - e. Bike shorts (optional)
 - f. Bike Jersey (optional)
 - g. Bike jersey, singlet, shirt
 - h. Water bottles (filled)
 - i. Spare tire
 - j. Bike tools
 - k. Bike pump
- 6.) Run
 - a. Running Shoes
 - b. Running singlet, shirt
 - c. Hat, visor