



COFFS HARBOUR TRIATHLON CLUB

Race Day Checklist



Swim

- ☐ race/tri suit
- ☐ timing band and chip
- ☐ goggles
- ☐ spare goggles
- ☐ swim cap
- ☐ ear plugs
- ☐ wetsuit
- ☐ plastic bag (to help fit wetsuit)
- ☐ sunscreen
- ☐ zinc cream
- ☐ body glide
- ☐ watch/heart rate monitor
- ☐ anti-fog solution
- ☐ small towel



Bike

- ☐ race/belt number
- ☐ bike
- ☐ helmet
- ☐ bike shoes
- ☐ socks (optional)
- ☐ water bottles
- ☐ bike pump
- ☐ sunglasses
- ☐ interchangeable lenses
- ☐ race wheels (optional)
- ☐ gels
- ☐ nutrition
- ☐ bike computer
- ☐ Tool bag: spare tubes/singles, tyre levers, multi tool, gas cylinders, inflator nozzle.



Run

- ☐ running shoes
- ☐ orthotics (if necessary)
- ☐ elastic laces
- ☐ cap/visor
- ☐ running shirt (optional)
- ☐ running shorts (optional)
- ☐ fresh dry socks (optional)
- ☐ sunglasses
- ☐ gels/nutrition



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