

# Olympic Triathlon - Gear Checklist



## Swim

Swim Cap  
Goggles - 2nd pair just in case  
Wetsuit  
Timing Chip - maybe in number  
Swim outfit  
\*\*Flip flops  
Body Glide or Vaseline  
Water to drink before & nutrition  
Garmin

## Bike - T1

Helmet  
Shoes & Socks  
Tri Shorts & Jersey  
\*\*Gloves  
Sunglasses  
\*\*Nutrition @ mile 10-12  
Towel  
Fluids on bike - 1 or 2 bottles  
2nd towel to lay gear on  
*May have to wear race belt with number*

## Other

Pump tires before you leave  
Bring pump & extra tube  
Head lamp

## Run - T2

Shoes  
pre-run nutrition  
Race belt with bib & \*\*nutrition  
Hat  
Sunglasses if different than bike  
Towel for a quick wipe

**\*\*Optional Items**