# Race Checklist

# GENERAL

Triathlon Ireland Card ID for registration

Print-out of registration documentation / acceptance slip / e-mail

Race number and stickers

Print-out of race briefing document

Print-out of map / directions to registration / race

# BIKE

Helmet

Cycle shoes

Elastic bands for attaching cycle shoes to bike for T1 (if desired)

Sunglasses

Cycle Gloves

Track Pump/Bike pump

Spare Tubes

Tyre Levers

Bike multi-tool / set of allen keys

Torque wrench

Chain oil

C02 cartridges / valve

Puncture repair spray canister (for tubular tyre punctures)

Water Bottles / energy drink

Aero water bottle / elastics

Nutrition ( gels +/- bar- depending on distance)Tape to tape gels to crossbar of bike

Handlebar tape

# SWIM

Goggles (and a spare)

Ear plugs (and spares)

Flip-flops or throw-away hotel slippers

Tri Suit

Wet Suit

Wet Suit repair glue

Swim Hat

Anti-fog for goggles

Wet Suit Lubricant

Vaseline / Body Glide

Towel for transition area

Spare water bottle / water bottle for washing off grit/sand off feet in T1