

Winter Challenge Race Day Checklist

For the Swim

- Tri shorts, swimsuit, or tri suit
- 2 sets of goggles (i.e., one tinted and one normal)
- Brightly-coloured towel
- Wetsuit
- Earplugs
- Swim cap

For the Bike

- Bike
- Helmet
- Cycling shoes and socks
- Sunglasses
- Water bottle(s)
- Nutrition
- Tool Kit: tube, CO2, levers, multi-tool
- Floor pump
- Bike computer
- Chain lubricant
- Gloves

For the Run

- Running shoes (2 pairs if you have a late start time. One to leave in transition and one to warm up in)
- Race belt
- Hat/visor
- Gel packs or energy chews
- Reflective gear

Miscellaneous Items

- Training device (Garmin, Timex, etc.) and heart rate strap
- Body Glide
- Sunscreen
- Vaseline, powder, bandages
- Bluntnose scissors for sticker origami
- Warm change of clothes for after the race
- Post-race recovery drink/snack with a 4:1 ratio of carbs vs. protein
- Identification and race documents
- Cash or card
- Phone and charger
- Plastic bags