

TRANSITION BAG CHECKLIST

GENERAL	SWIM	BIKE	RUN
Towel	Tri Shorts / Swimsuit	Bike (duh!)	Run Shoes
Cheap Flip Flops	Wetsuit (if allowed)	Pump (optional)	Extra socks
Body Glide	Timing Chip (provided @ race)	Spare tubes / tires	Race Belt
Sunscreen	Goggles (2 pair)	Tire Levers	Bib Number (provided @ race)
Extra water bottle	Swim Cap (provided @ race)	CO2 Inflator and Cartridges (cartridges not allowed if flying; buy at race site)	Hat
Gear Bag	Disposable water bottle (pre-race)	Helmet	Run Clothes (if different from swim & bike)
Flashlight		Bike Shorts (if not racing in swim gear)	Run Nutrition (e.g., gels)
Lube for Wetsuit		Bike Shirt / Jersey	
Electrical Tape		Bike Shoes	
		Bike Socks	
		Gloves (if you wear them)	
		Sunglasses	
		Nutrition (food & liquid)	

TRANSITION TIPS

- *Go early and, if you have a choice, set your bike up near the end of your assigned rack. Some races, though, have assigned spots on the rack.
- *Make sure your bike is in an easy gear before you put it on the rack (but not too easy a gear!).
- *Don't spread out too much -- you're generally entitled to space equal to the width of your handlebars but no more.
- *Find a landmark near your bike to help locate your bike (e.g., a tree or lamppost).
- *Walk the transition area before the race -- walk from the swim finish to your bike (count how many racks past your landmark your bike is located as you walk IN THAT DIRECTION), walk from your rack to the bike start, walk from the bike finish back to your rack (count how many racks past your landmark your bike is located as you walk in that direction -- which may be the opposite direction as when you got out of the water), and walk from your rack to the run start.
- *Build a mental picture of how you will transition (e.g., what order you will take things off / put things on).
- *Get in the habit of buckling your helmet before picking up your bike and in the habit of putting your bike down before unbuckling your helmet.
- *Use your extra water bottle (on the General list above) to wash your feet off after getting out of the water and before putting your shoes & socks on -- sand in your shoes will cause great discomfort later in the race!
- *Lube up any areas that may chafe. Additionally, cooking spray works great in making it easier to peel off your wetsuit.
- *Put on sunscreen AFTER you have been body marked; otherwise, the marking won't stick to your skin.
- *At registration, check your swim cap color against the wave start times and assigned colors to make sure you have the right cap.
- *Get to the swim start early so you don't have to rush at the last minute.
- *Don't eat anything on race morning you haven't eaten before a training day. Your stomach will be more sensitive than normal on race morning, so you don't want to tax it any more than usual!
- *Pack two of and carry on the airplane anything you can't possibly live without or can't easily replace at the race site (e.g., contact lenses, helmet, bike shoes).
- *RELAX! Talk and laugh with people around you. It'll break the tension, make you feel better and it'll make them feel better too!
- *RULE #1: NOTHING NEW ON RACE DAY!
- *RULE #2: HAVE FUN! After all, that's what it's all about, right?!