

Triathlon Race Day - Packing List

General:	
<input type="checkbox"/>	triathlon license, day license,
<input type="checkbox"/>	race address, course plan and documents
<input type="checkbox"/>	registration documents (possibly digital)
<input type="checkbox"/>	identity card
<input type="checkbox"/>	water bottles, food, snack before the start
<input type="checkbox"/>	change of clothes, often it is cold in the morning and appropriate clothing is necessary
<input type="checkbox"/>	editing, ballpoint pen (to write on yourself or other things)
<input type="checkbox"/>	toiletries
<input type="checkbox"/>	triathlon watch
<input type="checkbox"/>	tools, tape for various cases
<input type="checkbox"/>	race clothes
<input type="checkbox"/>	cellphone
<input type="checkbox"/>	a bag, which can be handed in to the staff to store
<input type="checkbox"/>	towel, hand towel, shower gel, miscellaneous
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Cycling:	
<input type="checkbox"/>	bicycle
<input type="checkbox"/>	helmet (according to rules), cycling glasses
<input type="checkbox"/>	cycling shoes, cycling socks if necessary
<input type="checkbox"/>	bike computer (charger) or speedometer
<input type="checkbox"/>	race belt with bib number
<input type="checkbox"/>	rubber bands to keep the cycling shoes in the correct position on your bike
<input type="checkbox"/>	spare tube or tire fluid, spare tire
<input type="checkbox"/>	mini pump or CO2 cartridges
<input type="checkbox"/>	alien or just tire levers
<input type="checkbox"/>	oil, cleaning rag
<input type="checkbox"/>	water bottles or / and drinking system on the bike
<input type="checkbox"/>	pump
<input type="checkbox"/>	tape to attach if necessary bars or gels, bike computer
<input type="checkbox"/>	energy powder, in order to come faster into the shoes
<input type="checkbox"/>	depending on temperature: sleeves, knee warmers, wind or rain jacket
<input type="checkbox"/>	gloves
<input type="checkbox"/>	bike lock if necessary
<input type="checkbox"/>	spare battery for the shifting or / and power meter
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	

check here

Running:	
<input type="checkbox"/>	running shoes
<input type="checkbox"/>	visor or hat
<input type="checkbox"/>	gel or water bottle, if necessary, to be deposited in T2
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Swimming:	
<input type="checkbox"/>	swimming goggles
<input type="checkbox"/>	wetsuit, if necessary swim suit
<input type="checkbox"/>	swimming cap
<input type="checkbox"/>	additional swimming cap as protection against cold
<input type="checkbox"/>	old warm top to put on before the swim start
<input type="checkbox"/>	(bathing) shoes or socks, for the way to the swim start
<input type="checkbox"/>	heart rate strap and time chip, to put on before the swim
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Personal items:	
<input type="checkbox"/>	Sunscreen:
<input type="checkbox"/>	race clothes
<input type="checkbox"/>	Extra clothes
<input type="checkbox"/>	Snacks
<input type="checkbox"/>	Cash
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
Nutrition:	
<input type="checkbox"/>	Race nutrition for each discipline individually
<input type="checkbox"/>	Protein powder for regeneration
<input type="checkbox"/>	Basica, or similar if needed
<input type="checkbox"/>	Orthomol
<input type="checkbox"/>	Energy bar
<input type="checkbox"/>	Gels, salt stick, additional nutrition,
<input type="checkbox"/>	Energy gel (1 per hour)
<input type="checkbox"/>	... additional notes 1
<input type="checkbox"/>	... additional notes 2
<input type="checkbox"/>	
<input type="checkbox"/>	

check here

For more information on race preparation, please visit <https://www.trainingmitsystem.de/en/resources/triathlon-racing>