



## **Basic Transition Checklist**

### **CLOTHING**

- Tri Top
- Tri Short

### **SWIM**

- Wetsuit
- Goggles
- Swim Cap (BRIGHT COLORED – neon colors best – pink, green, yellow)
- Swim Buoy
- Anti Chafing Spray or Rub for under wetsuit

### **BIKE**

- Bike w/ water bottle on it for your ride (no water out on course)
- Bike Helmet (MUST- no helmet no ride)
- Bike Shoes (either sneakers or bike shoes)
- Socks
- Bright Towel
- Socks (you may have put these on at mini transition)
- Sunglasses

### **RUN**

- Running Sneakers
- Hat or Visor
- Sunglasses
- Race Belt (optional but helpful)
- Run Race Number (attached to the front of your running shirt )

### **OTHER ITEMS YOU MAY WANT**

- Small Towel (to lay your transition items on)
- Extra Water Bottle (to sip on in transition)
- Nutrition (Gu Sports Gel, calories in water bottle – Gatorade or other). Whatever you have been training with....

Sample clothing worn under wetsuit (Tri Suit):



Sample items needed for swim:





Sample items needed for bike:



Sample items needed for run:





Sample transition setup:

