

## Race Bag Checklist

### *general*

medications  
race outfit  
sports watch/GPS/power meter  
snacks  
nutrition, water  
hair ties/headband  
Body Glide  
powder  
waterproof sunscreen  
towel  
mat  
duct tape  
plastic bags  
change of clothes  
money for postrace travel

### *swim gear*

goggles  
swim cap  
neoprene ankle strap for chip

### *bike gear*

bike!  
water bottle(s)  
tire pump  
helmet  
sunglasses, two pairs for different conditions  
cycling shoes, if using

### *run gear*

socks  
shoes  
hat/sun protection  
race belt (attach number)  
hydration pack