

□ Watch

☐ HR Strap

## California RACE DAY CHECKLIST CALIFRI

□ Nutrition

☐ Hydration



JTRIATHLON			EVENTS
ESSENTIALS	SWIM	BIKE	RUN
□ Tri Kit	☐ Wetsuit	□ Bike	☐ Running Shoes
☐ Race Number	☐ Goggles	□ Helmet	☐ Hat / Visor
☐ Timing Chip	☐ Extra Goggles	☐ Bike Shoes	□ Race Belt
☐ Sunblock	☐ Swim Cap	□ Bike Gloves	☐ Hydration
□ Lube	•	□ Socks	□ Nutrition

□ Sunglasses ☐ Spare Tubes ☐ Transition Mat ☐ Tire Pump/CO2 ☐ Tire Levers/Tools □ Towel HTTPS://WWW.CALIFORNIATRIATHLON.ORG/EVENTS