

## **YOUTH RACE DAY PACKING CHECKLIST**

- Bicycle (in good working order, race number applied)
- Bicycle helmet (no cracks or damage, race number applied)
- Cycling shoes (if you use them)
- Running shoes with speed laces
- Socks (if you use them in races)
- Team trisuit (swimsuit works great if you don't have a team suit yet!)
- Swim cap
- Goggles
- Race belt (race number applied)
- Body Glide or Tri Slide
- Bicycle pump
- Spare tube and flat change supplies
- Water bottle
- Transition mat/hand towel (if you use one)
- Snacks for before/after the race
- Sunscreen
- Sunglasses
- Running hat
- Chair or chairs for spectators