



TRIATHLON & ENDURANCE SPORTS COACHING

What to bring to every event:

General:

- USAT Membership card
- Photo ID
- Registration Confirmation
- Money
- Race Uniform
- Race Numbers & timing chip
- Gels / energy bars / drinks
- Sunscreen
- Sunglasses
- Water bottle (s)
- Anti-chafing product
- Extra clothes
- Directions to race
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Swim Gear:

- Wetsuit
- Swim Cap
- Goggles (2)

Bike Gear:

- Bike
- Helmet
- Bike Shoes
- Socks
- Bike Gloves
- Tire Pump
- Spare tube(s)
- CO2 Cartridges
- Tools
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Run Gear:

- Running Shoes
- Hat / Visor
- Race number belt
- Socks

Transition Gear:

- Towel