

## General

- USAT Membership Card (if needed)
- Race Directions and Instructions
- Timing Chip (if provided)
- Snack (for both before and after the race)
- Change of clothes to wear after the race
- Flip flops or sandals to wear prerace
- Sunscreen and sunglasses

## Swim

- Goggles (extra pair recommended)
- Swim Cap
- Swimwear (Swimsuit , Jammers, or Tri-suit)

## Bike

- Bike in good condition (with race number applied)
- Helmet that fits and is in good condition (with race number)
- Bicycle Tire Pump
- Bicycle Water Bottle

## Run

- Shoes (athletic shoes with lock laces or runnables)
- Socks if needed
- Shirt with race bib/number attached (if not wearing race-belt)
- Race-belt (with number)
- Running hat if needed

## Transition

- Towels (one to use as a transition mat and one for drying)
- Water Bottle
- Small bag to put gear in