Transition Kit Checklist

Swim stuff:

- Bathing suit (or whatever you swim in)
- □ Goggles
- Sunglasses goggles
- U Wetsuit
- Earplugs
- Heart Rate Monitor (waterproof)
- □ Sh!t flops
- Poncho

Extra swim cap (if it's cold) Anti chafe balm

- □ Sunscreen

- Π

- **Bike stuff:**
- Bike! (unless you're renting)
- Helmet
- □ Bike pump
- **D** Bike shoes
- □ Sunglasses
- □ Bike gloves
- □ Socks
- □ Saddle Bag

Run Stuff:

- Hand water bottle/water bottle
- □ Shoes
- □ Socks
- □ Sunglasses
- □ Visor/hat
- □ Sunscreen

Saddle Bag:

- Multi-tool
- **2** tubes
- □ 2 CO2 canisters
- Quick fill CO2 tool
- ☐ Tire Irons
- emergency blanket
- emergency cash

□ Sunscreen

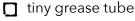
Tools

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☐ Bike Water Bottle

- Bug Spray
- □ Smart Watch or Run Tracker

- D ID card (copy)
- Mini bike pump







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□ Water Bottle



Transition Kit Checklist

Et Cetera:

- □ Sunscreen
- Bug Spray
- Towel
- Mat/bathmat/transition mat
- Cooling towel
- 🔲 Fancy skirt
- □ Scissors
- □ Ziploc bags
- **m**arkers
- paper clips/ binder clips

- rubber bands
- 🔲 garbage bags
- 🔲 lip balm
- after sun care
- extra water bottle(s)
- **D** cowbell
- 🔲 banana suit
- **D** Nutrition
- ☐ Water

What else do we need?

