

Transition Kit Checklist

Swim stuff:

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|---|--|
| <input type="checkbox"/> Bathing suit (or whatever you swim in) | <input type="checkbox"/> Extra swim cap (if it's cold) |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Anti chafe balm |
| <input type="checkbox"/> Sunglasses goggles | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Wetsuit | <input type="checkbox"/> |
| <input type="checkbox"/> Earplugs | <input type="checkbox"/> |
| <input type="checkbox"/> Heart Rate Monitor (waterproof) | <input type="checkbox"/> |
| <input type="checkbox"/> Sh!t flops | <input type="checkbox"/> |
| <input type="checkbox"/> Poncho | |

Bike stuff:

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| <input type="checkbox"/> Bike! (unless you're renting) | <input type="checkbox"/> Tools |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Bike Water Bottle |
| <input type="checkbox"/> Bike pump | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Bike shoes | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Bike Computer |
| <input type="checkbox"/> Bike gloves | <input type="checkbox"/> |
| <input type="checkbox"/> Socks | <input type="checkbox"/> |
| <input type="checkbox"/> Saddle Bag | |

Run Stuff:

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|---|---|
| <input type="checkbox"/> Hand water bottle/water bottle | <input type="checkbox"/> Bug Spray |
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Smart Watch or Run Tracker |
| <input type="checkbox"/> Socks | <input type="checkbox"/> |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> |
| <input type="checkbox"/> Visor/hat | <input type="checkbox"/> |
| <input type="checkbox"/> Sunscreen | |

Saddle Bag:

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|--|---|
| <input type="checkbox"/> Multi-tool | <input type="checkbox"/> ID card (copy) |
| <input type="checkbox"/> 2 tubes | <input type="checkbox"/> Mini bike pump |
| <input type="checkbox"/> 2 CO2 canisters | <input type="checkbox"/> tiny grease tube |
| <input type="checkbox"/> Quick fill CO2 tool | <input type="checkbox"/> |
| <input type="checkbox"/> Tire Irons | <input type="checkbox"/> |
| <input type="checkbox"/> emergency blanket | <input type="checkbox"/> |
| <input type="checkbox"/> emergency cash | |

Transition Kit Checklist

Et Cetera:

- Sunscreen
- Bug Spray
- Towel
- Mat/bathmat/transition mat
- Cooling towel
- Fancy skirt
- Scissors
- Ziploc bags
- markers
- paper clips/ binder clips
- rubber bands
- garbage bags
- lip balm
- after sun care
- extra water bottle(s)
- cowbell
- banana suit
- Nutrition
- Water
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What else do we need?

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