

# Race Day Checklist

## General Stuff:

- Heart Rate Monitor
- Smart watch
- Ankle strap with chip timer
- Tattoos (or get body marked)
- Sh!t flops
- Poncho
- Anti chafe balm
- Sunscreen
- Bug spray
- Towel
- Transition mat
- Cooling towel
- Scissors
- Ziploc bags & trash bags
- Face/ body wipes
- After sun care
- Extra water bottle(s)
- Extra nutrition
- Fancy skirt/ Podium outfit
- ID & USAT card

## Special Stuff:

- Tampons/ Pads/ Extra Diva cup
- Hair ties
- Medications (inhaler, ibuprofen, BioFreeze, etc...)
- KT Tape

Download a clean copy for your next race:

[www.KylasChecklist.com](http://www.KylasChecklist.com)

# Race Day Checklist

## Swim stuff:

- Race swim cap
- Goggles
- Sunglasses goggles
- Wetsuit
- Earplugs
- Extra swim cap/ Neoprene cap
- Pre-Race Nutrition

## Bike stuff:

- Bike (with race stickers on)
- Helmet (with race stickers on)
- Bike pump
- Bike shoes
- Bike clothing (jersey, socks, shorts)
- Sunglasses
- Bike gloves
- Bike computer
- Bike nutrition

## Run Stuff:

- Run nutrition
- Run shoes
- Socks
- Sunglasses
- Visor/hat
- Race belt (with race bib)

