



MY RACE DAY CHECKLIST

THE RACE

Race Name _____
Date _____
Time _____
Place _____

ESSENTIALS	RUN GEAR	BIKE GREAR
<ul style="list-style-type: none"> • Bib number • Timing chip • Race entry information <i>for locations, number pick-up, etc.</i> • Identification <i>passport</i> • Cash <i>in notes</i> • Phone • Prescription medication 	<ul style="list-style-type: none"> • Shoes • Socks • Shorts / running tights • Sports bra • Top • Jacket • Safety pins <i>to pin on your bib</i> • Gels / food <i>for during the race</i> 	<ul style="list-style-type: none"> • Bike • Bike pump • Water bottle • Spare tube and tools • Bike Computer set to zero • Bike shoes, gloves, helmet • Bike jersey, shorts, socks • Jacket or wind vest

PREPERATION & RECUPERATION

BEFORE	PERSONAL CARE
<ul style="list-style-type: none"> • Rain coat / poncho / bin bag <i>for staying dry before the start</i> • Old throw-away clothes <i>for staying warm before the start</i> • Bag for the baggage truck • Music player & earphones 	<ul style="list-style-type: none"> • Vaseline <i>or other anti-chafe</i> • Tissues • Band-aids • Massage oil • Pain relievers
AFTER	EXTRAS
<ul style="list-style-type: none"> • Warm top & bottom <i>for staying warm after the race</i> • Drink & food <i>post-race</i> • Towel 	<ul style="list-style-type: none"> • Hats • Gloves • Sunglasses • Sunscreen


