Triathlon checklist for beginners

Everything you need for your first triathlon: swim, bike, run and the transition zone

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Tick off what you already have. Required = in the rules or essential; useful = makes things easier.

WHOLE RACE

- [ ] Trisuit (under wetsuit, to the finish) — RECOMMENDED
- [ ] Race number belt — REQUIRED
- [ ] Chip strap (chip from the organiser) — REQUIRED
- [ ] Sports watch — USEFUL

SWIM

- [ ] Triathlon wetsuit (below 16 °C) — REQUIRED
- [ ] Goggles (tested, no leaks) — ESSENTIAL
- [ ] Swim cap + a spare — REQUIRED
- [ ] Anti-chafe balm for neck and armpits — USEFUL
- [ ] At least 3 open water practice swims — TIP

BIKE

- [ ] Road bike, serviced beforehand — REQUIRED
- [ ] Bike helmet with CE mark — REQUIRED
- [ ] Cycling shoes or your running shoes — CHOICE
- [ ] Bottle with water or sports drink — USEFUL
- [ ] Cycling glasses — USEFUL
- [ ] Spare inner tube and mini pump — USEFUL

RUN

- [ ] Running shoes (broken in) — REQUIRED
- [ ] Elastic speed laces in your shoes — USEFUL
- [ ] Running cap or visor — USEFUL
- [ ] Sports socks (or none, if trained) — CHOICE

TRANSITION ZONE

- [ ] Towel to stand on — USEFUL
- [ ] Triathlon bag with compartments — USEFUL
- [ ] Race number (+ spare safety pins) — REQUIRED
- [ ] Sunscreen (apply before the start) — USEFUL
- [ ] Energy gel or bar + bottle of water — USEFUL
- [ ] Landmark next to your transition spot — TIP

AFTER THE FINISH

- [ ] Dry clothes and shoes — USEFUL
- [ ] Flip-flops or sandals — USEFUL
- [ ] Something to eat and drink — USEFUL
- [ ] Towel and toiletries — USEFUL

THE 5 RULES BEGINNERS FORGET MOST OFTEN

1. Helmet on and buckled before you touch your bike, and only unbuckle once your bike is back on the rack.
2. No riding in the transition zone: walk your bike to the mount line.
3. No drafting: stay out of the slipstream of other athletes.
4. Race number on your back while cycling, on your front while running. Chip strap on your left ankle.
5. No outside assistance and nothing new on race day: test everything in training first.

This checklist is brought to you by Triathlon24 and BTTLNS

triathlon24 BTTLNS Perform like a Battalyan.

The complete guide: www.triathlongear24.com/blog/what-you-need-for-your-triathlon-complete-beginners-guide/

Questions about your gear? Call +31 85 773 00 58 or visit our store in Volkel, the Netherlands.

Race day: from waking up to the finish line

How your first triathlon goes without surprises

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THE EVENING BEFORE

- [ ] Pack your bag using the checklist on page 1
- [ ] Clip your race number into the number belt
- [ ] Bike: tyre pressure, easy gear, bottle
- [ ] Speed laces in your running shoes
- [ ] Read the race info: start time, check-in, course
- [ ] Prepare breakfast, set the alarm

MORNING AND CHECK-IN

- [ ] Breakfast 2 to 3 hours before the start
- [ ] Arrive early (at least 1.5 hours)
- [ ] Collect your race number and chip
- [ ] Check in your bike, set up your spot (see right)
- [ ] Walk the route swim exit > bike > shoes
- [ ] Apply sunscreen and anti-chafe balm
- [ ] Wetsuit on (a good 20 minutes before the start)

SETTING UP YOUR TRANSITION SPOT

- [ ] Bike on the rack, bottle on the bike
- [ ] Helmet open on the handlebars, buckle up
- [ ] Cycling shoes open and ready
- [ ] Running shoes with speed laces + cap next to them
- [ ] Number belt ready to put on
- [ ] Towel spread out next to the bike
- [ ] Gel and bottle of water within reach

DURING THE RACE

- [ ] Swim: start easy, sight every 6 to 8 strokes
- [ ] T1: wetsuit down to your waist, helmet first
- [ ] Bike: drink from the first kilometres
- [ ] T2: bike on the rack, only then unbuckle helmet
- [ ] Run: first km easy, heavy legs are normal
- [ ] Enjoy the finish!

NEED HELP CHOOSING YOUR GEAR?

Our triathlon specialists are happy to help you choose your trisuit, wetsuit, goggles and accessories.
Call +31 85 773 00 58, email us via www.triathlongear24.com/customer-service/contact/ or visit our store in Volkel.

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