Triathlon checklist: half and full distance

TRIATHLON24

What you need for your half or full triathlon: swim, bike, run, nutrition and the transition zone

Tick off what you already have. Required = in the rules, recommended = almost every long-distance athlete uses it, upgrade = saves time or adds comfort.

WHOLE RACE

- [ ] Trisuit with a long-distance chamois — RECOMMENDED
- [ ] Race number belt with gel loops — REQUIRED
- [ ] Chip strap (chip from the organiser) — REQUIRED
- [ ] Sports watch with multisport mode — RECOMMENDED
- [ ] Anti-chafing stick and sunscreen — RECOMMENDED

SWIM

- [ ] Triathlon wetsuit (check the rules) — REQUIRED
- [ ] Swimskin in case wetsuits are banned — UPGRADE
- [ ] Goggles + spare pair (polarized) — RECOMMENDED
- [ ] Silicone swim cap + a spare — REQUIRED
- [ ] Neoprene cap for cold training swims — OPTIONAL

BIKE

- [ ] Road or TT bike, checked beforehand — REQUIRED
- [ ] Aerobars on your road bike — UPGRADE
- [ ] Hydration system and bottle cages — RECOMMENDED
- [ ] Bike helmet (aero helmet = upgrade) — REQUIRED
- [ ] Cycling glasses — RECOMMENDED
- [ ] Triathlon cycling shoes — RECOMMENDED
- [ ] Cycling gloves and socks — OPTIONAL
- [ ] Repair kit: tube, CO2, levers, multitool — RECOMMENDED

RUN

- [ ] Light, cushioned running shoes — REQUIRED
- [ ] Elastic speed laces — RECOMMENDED
- [ ] Visor or running cap — RECOMMENDED
- [ ] Compression calf sleeves — OPTIONAL
- [ ] Hydration belt for gels and a flask — OPTIONAL
- [ ] Dry socks in your run bag — RECOMMENDED

NUTRITION

- [ ] Gels: 2 to 3 per hour on the bike — RECOMMENDED
- [ ] Sports drink or carb powder — RECOMMENDED
- [ ] Salt or electrolyte tablets — RECOMMENDED
- [ ] Bar or solid food for the full distance — OPTIONAL
- [ ] Everything tested in training — REQUIRED

TRANSITION AND BAGS

- [ ] Triathlon bag with compartments — RECOMMENDED
- [ ] Bike bag (T1) and run bag (T2) packed — RECOMMENDED
- [ ] Special needs bags (full distance) — OPTIONAL
- [ ] Towel, safety pins, spare gels — RECOMMENDED
- [ ] Dry clothes and slides for after the finish — RECOMMENDED

THE 5 RULES YOU MUST NOT FORGET ON THE LONG DISTANCE

1. Helmet on and clipped before you touch your bike, and only off once your bike is back in the rack.
2. No drafting: keep the distance to the rider in front that the rules prescribe (often 10 to 12 metres).
3. Race number on your back on the bike, on your front on the run. Chip strap on your left ankle.
4. No outside help: you do your own repairs and only use the aid stations and your special needs bags.
5. Nothing new on race day: trisuit, wetsuit, aero position, shoes and nutrition are all tested in training.

This checklist is brought to you by Triathlon24 and BTTLNS

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The complete guide: www.triathlongear24.com/blog/what-do-you-need-for-your-half-or-full-triathlon-advanced/

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

Race day: from check-in to finish

How your half or full triathlon goes without surprises

TRIATHLON24

THE DAY BEFORE

- [ ] Bike check-in: tyres, easy gear, bottles
- [ ] Hand in bike bag and run bag (see race guide)
- [ ] Fill and label your special needs bags
- [ ] Number in the belt, stickers on bike and helmet
- [ ] Walk the route swim exit > bike > bike out
- [ ] Prepare morning nutrition, set the alarm

YOUR TRANSITION BAGS

- [ ] T1: helmet, glasses, bike shoes, socks, gloves
- [ ] T1: bike nutrition, sunscreen, small towel
- [ ] T2: running shoes with speed laces, visor or cap
- [ ] T2: hydration belt with gels and salt, dry socks
- [ ] Special needs bike: extra gels, tube, CO2
- [ ] Special needs run: gels, dry cap, favourite food

MORNING AND START

- [ ] Breakfast 3 hours before the start, then only drink
- [ ] Arrive early (at least 2 hours)
- [ ] Final bike check: tyres, bottles, gels taped on
- [ ] Apply sunscreen and anti-chafing stick
- [ ] Trisuit, chip strap and number belt on
- [ ] Wetsuit on 20 min before the start, gel 15 min before
- [ ] Spare goggles and cap within reach

DURING THE RACE

- [ ] Swim: start calm, own pace, sight regularly
- [ ] T1: wetsuit down to the waist, helmet first
- [ ] Bike: from km 10 eat or drink every 15 minutes
- [ ] Bike: stay out of the draft zone, no outside help
- [ ] T2: bike in the rack, only then unclip the helmet
- [ ] Run: first 5 km easy, use the aid stations
- [ ] Enjoy the finish!

NEED HELP WITH YOUR LONG-DISTANCE GEAR?

Our triathlon specialists are happy to help you choose your trisuit, wetsuit, aero position, shoes and nutrition.
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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