

# Race Checklist: 70.3

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## Swimming

- Disposable flip-flops (or give them to your Sherpas)
- Goggles (2 pairs)
- Ear plugs (optional)
- Wetsuit / Lube for wetsuit
- pre-race clothes / t-shirt
- pre-race snack

## Biking

- towel (for transition)
- YOUR BIKE - make sure you clean and lube your chain / have your bike checked
- check your tires and cables
- tire pump
- extra tires, CO2 cartridges and tubes
- helmet
- sunglasses
- Queen Lube
- shoes (including extra if you have them)
- socks (if you wear them on bike)
- water bottles (4 or however many your bike will hold with whatever you're going to drink on the course)
- any nutrition you plan on taking in while on the bike (gels, salt tablets, Humas)
- arm warmers in case the morning is cold; arm coolers in case it is warm on race day

## Running

- race number belt with number attached
- shoes / extra socks
- foot lube (Body Glide)
- hat or visor
- fuel belt and nutrition (if you plan on wearing one on the run)
- any nutrition you plan on taking in while on the run (gels, gus, salt tablets, endurolytes, etc)

## Miscellaneous

- HR monitor and chest strap
- **SPRAY sunscreen !!!!!!!!!!!!!!!**
- Gum
- Water bottle with water to rinse your eyes/feet after the swim
- Any nutrition you might want in T1 or T2 (gel, cookies, etc.)
- Post-race change of clothes, deodorant

