

EZ Event Checklist



- SWIM**
- Need It! Packed It!
- Bucket
 - Ear Plugs
 - Gel (before start)
 - Goggles
 - Mat
 - No stick spray
 - Plastic bags (rain)
 - Plastic bags (wetsuit)
 - Sports bra
 - Swim cap
 - Swimsuit
 - Timing Chip
 - Towels (2)
 - Tri shorts
 - Tri top
 - Watch
 - Water/Sports drink
 - Wetsuit
 - _____
 - _____
 - _____
 - _____

- BIKE**
- Need It! Packed It!
- Arm warmers
 - Bars/Gels/Food
 - Bento Box
 - Bike
 - Bike pump
 - Bike shoes
 - Bike shorts/Tri shorts
 - Co2 cartridges
 - Electrolytes
 - First aid kit
 - Gloves
 - Helmet
 - Identification
 - Jersey/Tri top/Shirt
 - Lip balm
 - Race number on bike
 - Race number on helmet
 - Race wheels
 - Regular wheels
 - Socks
 - Spare tube/ Flat kit
 - Sports bra
 - Sunglasses
 - Water bottles
 - Zipper baggies
 - _____
 - _____
 - _____
 - _____

- RUN**
- Need It! Packed It!
- Bottle carrier
 - Bottles
 - Electrolytes
 - Gels
 - Hat
 - Identification
 - Number belt
 - Pins
 - Race number
 - Running shoes
 - Shorts
 - Socks
 - Sports bra
 - Sunglasses
 - Sunscreen
 - Tights
 - Tri top/Shirt
 - _____
 - _____
 - _____
 - _____

- PRE RACE**
- Need It! Packed It!
- Body Glide
 - Camera
 - Cell phone
 - Chamois butter
 - Course maps
 - Directions
 - Drivers license
 - EZ Bike Stand
 - GPS
 - Jacket/Hoodie
 - Lube
 - Plastic bags
 - Pump
 - Reservations
 - Sandals
 - Sunscreen
 - Supplements
 - Sweatshirt
 - Tool box/Tool kit
 - Umbrella
 - USAT card
 - Wallet/Money
 - Warm-up pants/Capris
 - _____
 - _____
 - _____
 - _____

- POST RACE**
- Need It! Packed It!
- Bra
 - Brief
 - First aid kit
 - Gloves
 - Hat
 - Jacket/ Hoodie
 - Pain reliever
 - Plastic bags
 - Recovery drink
 - Sandals/ Shoes
 - Shorts
 - Shower Kit
 - Sweatshirt
 - Top
 - Towel
 - Umbrella
 - Warm-up pants/Capris
 - _____
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 - _____
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