

EZ Event Checklist



Need It!
Packed It!

SWIM

- 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
- _____
- _____
- _____
- _____

Need It!
Packed It!

BIKE

- 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
- _____
- _____
- _____
- _____

Need It!
Packed It!

RUN

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

Need It!
Packed It!

PRE RACE

- 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
- _____
- _____
- _____
- _____

Need It!
Packed It!

POST RACE

- 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
- _____
- _____
- _____
- _____