



Hagerstown Triathlon

Athlete Check List

Spend more time worrying about the race and less time packing! This list should get athletes to the race with all essential gear. Items with an * will be given to athletes at the race.

Pre-Race

- ☐ Check event website for event updates
- ☐ Check email for event updates
- ☐ Go to Athlete Check In (required)
- ☐ Attend pre-race meeting & Transition Clinic

General

- ☐ Photo I.D.
- ☐ Race Bib Number*
- ☐ Bike Adhesive Number*
- ☐ Ankle Timing Chip*
- ☐ Wristband*

Swim

- ☐ Swim Suit
- ☐ Swim Cap
- ☐ Goggles

Bike

- ☐ Water Bottles
- ☐ Bike
- ☐ Supplies to fix flat tire
- ☐ Cycling Shirt
- ☐ Cycling Shoes
- ☐ Cycling Shorts or Tri Shorts
- ☐ Pump
- ☐ Helmet
- ☐ Socks
- ☐ Sunglasses

Run

- ☐ Race Belt
- ☐ Hat/Visor
- ☐ Running Shirt
- ☐ Running Shoes
- ☐ Running Shorts or Tri Shorts
- ☐ Socks
- ☐ Sunglasses
- ☐ Water Bottle
- ☐ Safety Pins

Clothing

- ☐ Flip Flops/Sandals
- ☐ Pre-Race Clothing
- ☐ Post Race Clothing
- ☐ Rain Gear
- ☐ Transition Towel

Misc

- ☐ Body Glide
- ☐ Confirmation Letter/Email for Packet Pick Up
- ☐ Directions to Race
- ☐ Head Light/Flash Light
- ☐ Sun Block
- ☐ Transition Bag
- ☐ Wallet
- ☐ Wrist Watch