

## PEAK Multisport Triathlon Equipment Checklist



### Pre-Race

- Sandals or comfy shoes
- Comfortable warm up clothes
- Back Pack or TA bag to fit everything
- Plastic Trash Bag *(to cover everything if raining)*
- Sunscreen & Chapstick
- Bug Spray
- Permanent Marker *(for body marking or decal touch up)*
- Pre & Post Race Nutrition
- Race Nutrition *(fluid & calories)*
- Current federation license & pic ID
- Money
- Headlamp, bike headlight & tail light *(for safety)*
- personal music player
- bike pump *(w/ pressure gauge)*
- watch or GPS device
- electrical tape *(to tape timing chip & general repairs)*
- bright towel or TA mat if allowed
- bike flat kit, patches, frame pump  
*(longer inner tube valve length if needed for race wheels)*
- Current PPE form *(only needed for WT races)*

### Race Gear

- race suit & back up suit
- goggles *(1 tinted and 1 clear)*
- antifog
- swim cap
- wetsuit or speed suit *(or both just in case)*
- lubricant *(trislide or sportshield best, not bodyglide)*
- Bike - clean, tuned, race wheels *(carbon brake pads?)*
- Helmet *(road, aero, both?)*
- Sunglasses *(tinted & clear lenses)*
- Bike shoes
- cold gear *(toe covers, arm warmers, base layer, neoprene cap, gloves, etc.)*
- Rubber bands *(for rolling mount)*
- Run race shoes *(bring trainers also if split TA, or if needed for warm up)*
- running socks *(for long course)*
- Baby Powder
- Race Belt *(for run number)*
- Hat or visor
- Other individual considerations  
*(medications, prosthetics, etc.)*

### Additional Consideration for Travel Events

- Bike Packed in Bike Case *(CO2 removed from flat kit if flying)*
- Basic travel tools *(hex wrenches, bar end plugs, grease, tire levers, tubes, etc.)*
- Travel Bike pump with accurate pressure gauge
- Torque wrench for proper bike reassembly
- Travel size bike cleaning supplies *(degreaser, soap, lube, brush, clean cloth)*
- Spare wheels for wheel pit *(if draft legal)*
- Travel Trainer for warm up if desired
- Spare derailleur hanger, screws, seat collar *(best to remove hanger during travel to prevent damage)*
- Professional logo clothing for pre-race and post-race *(polo and such, no cut offs)*
- Rain gear *(umbrella in bike box, rain coat, etc.)*
- Charger & spare batteries *(for electronic shifting, bike head unit, run watch, & power meter)*
- Vaccinations & medications specific to region of travel *(check CDC travel website for advisement)*
- International health insurance *(check with provider or purchase separate policy)*
- Passport and visa if needed
- International Credit Card and local currency *(exact race fee in local currency as needed)*
- Electronics adapter
- Hand Sanitizer, antiseptic wipes *(for airplane tray & seat area), nasal spray*
- Food & water for daily nutrition & race essentials *(is regular food or grocery available where you are going?)*
- Carry on Race Essentials *(anything that touches your body = tri suit, goggles, bike shoes, run shoes, maybe pedals & saddle)*
- international cell phone plan with data and texting
- compression socks/tights for airplane travel
- Entertainment *(books, movies, spare power bank, etc.)*