

Checklist

Location	Item
<input type="checkbox"/> Rain	
<input type="checkbox"/>	Trash Bags to cover Transition Gear
<input type="checkbox"/>	Bag to cover bike until start of race
<input type="checkbox"/> Bike Prep	
<input type="checkbox"/>	Aero Bottle Water + SaltStick
<input type="checkbox"/>	GU
<input type="checkbox"/>	Check & top-off air pressure
<input type="checkbox"/>	PowerTap CPU
<input type="checkbox"/>	Check gear and cable routing
<input type="checkbox"/> Wearing	DO NOT WEAR RING!
<input type="checkbox"/>	NEMS Tri Suit
<input type="checkbox"/>	Water Shoes
<input type="checkbox"/>	Timing Chip
<input type="checkbox"/>	Gu (Eat 15 min prior to start)
<input type="checkbox"/>	Watch - until put on wet suit
<input type="checkbox"/>	Water sm. bottle
<input type="checkbox"/> Pre-Swim	
<input type="checkbox"/>	Wetsuit
<input type="checkbox"/>	Goggles
<input type="checkbox"/>	Cap
<input type="checkbox"/> Transition 1	(bike to have Aero Bottle w/Water) + 2 Gu (in shorts - both legs)
<input type="checkbox"/>	Racing Flats
<input type="checkbox"/>	Any cold/rain weather gear?
<input type="checkbox"/>	Aero Helmet + Visor
<input type="checkbox"/>	Gu (Eat after 1st lap)
<input type="checkbox"/>	Hand Towel
<input type="checkbox"/>	Squirtable water bottle
<input type="checkbox"/> Transition 2	Running flask Water + SaltStick
<input type="checkbox"/>	Number belt
<input type="checkbox"/>	Watch (in hand)