**Team Playtri Race Day Checklist (Youth and Age Group)**

* Race numbers (best to apply these before leaving for the race if possible, especially if there are tattoos)
* Trisuit
* Swim cap
* Goggles (best to have two pair – just in case!)
* Wetsuit (open water only)
* Body Glide or TriSlide (if the athlete uses it)
* Bicycle in good working order
* Bicycle helmet with zero functional damage
* Cycling shoes (if the athlete has them)
* Bike pump
* Spare bike tube
* Bike multitool
* Sunglasses (if the athlete wears them during biking and/or running)
* Small towel or transition mat (if the athlete wants to use)
* Two full water bottles
* Racebelt
* Run shoes w/ elastic laces or Velcro
* Spare run shoes for warm up
* Sunscreen
* Hat
* Warm ups
* Snack or other race day nutrition/hydration (see Coach Morgan’s blog!)
* Chairs (for spectators)