da hulaman's Race Day Check List

SWIM STUFF
____Swim suit
____Wetsuit and Pam (for anti-chaffing)
____Wetsuit bag
____Goggles (defog)
____Swim cap (usually provided)
____Sunscreen
____Towel to wipe sandy feet

BIKE STUFF
____Bike
____Helmet
____Cycling shorts
____Bike shoes
____Jersey or singlet
____Cycle gloves
____Vaseline or other anti-chaff
____Sunglasses
____Pump and patch kit
____Water bottles
____Tools
____Lock

RUN
____Shoes
____Socks
____Shorts
____Singlet and race number (pins)
____Cap
____Sunglasses (second clean pair)

BACKPACK
____Race instructions
____Wallet, license, credit cards, etc
____Plane tickets, bike pass, passport
____Maps, to do list, addresses, postcards
____Walkman, reading stuff, pens
____Food to eat on plane, water
____Sunglasses, contacts
____CASH
____Meds, Motrin, earplugs, sunstuff
____Vitamins, minerals, eamino acids, etc

MAIN BIG BAG
____Toilet Bag(soap,toothbrush,razor,etc)
____Alarm clock
____Warm clothes, Jacket
____Workout clothes, shorts, T's
____Shoes, sandles
____Sewing kit, tape, sizzors, marker
____Race day food
____Towels
____Teddybear
____Tools
____Heart Rate Monitor
____Washpan and towel
____Floor pump
____First Aid
____Chain lube