



Squamish Youth Triathlon Race Bag Checklist

If you are racing for the first time at the SYT, or if you don't want to risk forgetting anything, here is a handy checklist:

Swim Gear

- Swimsuit
- Goggles
- Swim Cap – we provide this for you

Bike Gear

- Bike – *make sure it is in an easy to pedal gear for the start!*
- Helmet – *after the swim, clip up your helmet before you pick your bike up; after the bike, leave your helmet clipped up until your bike is back on the ground.*
- Runners *(Note: ONLY ages 14 and over may use clipless pedals and cycling shoes)*
- Shirt – *boys & girls must have chests covered with bathing suit or shirt for the bike and run*
- Water Bottle – *filled with water or a fluid-replacement drink you have tried before*
- Spare Tube/Tools – *the race does not provide these if you have an unexpected flat*
- Socks (optional)
- Cycling shorts (optional)
- Cycling glasses (optional)
- Sunglasses (optional)

Running Gear

- Running Shoes
- Shirt
- Socks (optional)
- Running shorts (optional)
- Visor or Cap (optional)
- Sunglasses (optional)

Race Support Gear

- Antifog drops for goggles (optional)
- Towel – *leave in transition area to dry off after swim and to set out everything you need during the race*
- Windproof Vest or Jacket (optional) – *in case of rain or cool weather*
- Sports Sunscreen
- Sports Watch (optional)