

**RAMBLIN' ROSE WOMEN-ONLY TRIATHLON
RACE DAY GEAR CHECKLIST**

ESSENTIAL	
<input type="checkbox"/>	bib number
<input type="checkbox"/>	sunscreen
<input type="checkbox"/>	water bottle
<input type="checkbox"/>	goggles
<input type="checkbox"/>	swim cap
<input type="checkbox"/>	swim suit
<input type="checkbox"/>	small towel
<input type="checkbox"/>	bike: mountain, hybrid, road, or triathlon-specific
<input type="checkbox"/>	helmet
<input type="checkbox"/>	running shoes
<input type="checkbox"/>	socks
<input type="checkbox"/>	running shorts
<input type="checkbox"/>	t-shirt
<input type="checkbox"/>	dry clothes for after the race
OPTIONAL	
<input type="checkbox"/>	cycling shoes - clip-in pedals required
<input type="checkbox"/>	triathlon-specific racing attire
<input type="checkbox"/>	sunglasses
<input type="checkbox"/>	elastic shoelaces
<input type="checkbox"/>	sports watch
<input type="checkbox"/>	race # belt
<input type="checkbox"/>	visor/hat