

CHECK	WHAT	CHECK	WHAT
yearly / generally / in advance		race day	
<input type="checkbox"/>	race plan established, ideally 2 years ahead, even longer	<input type="checkbox"/>	race briefing notes / videos in advance
<input type="checkbox"/>	when, where, how to purchase the race ticket	<input type="checkbox"/>	triathlon license
<input type="checkbox"/>	when, where, how to qualify	<input type="checkbox"/>	personal ID
<input type="checkbox"/>	when far away think of: jetlag, sea level, climate adaption	<input type="checkbox"/>	cash / credit card
<input type="checkbox"/>	cancellation and/or travel insurance	<input type="checkbox"/>	phone & charger
<input type="checkbox"/>	public holidays, family events checked with race plan	<input type="checkbox"/>	phone number / mail race organization
<input type="checkbox"/>	vacation application to employer / checked with team in advance	<input type="checkbox"/>	transition bags
<input type="checkbox"/>	flight booked in advance	<input type="checkbox"/>	backpack (labeled)
<input type="checkbox"/>	bike on flight possible (on all legs)	<input type="checkbox"/>	extra plastic bags, small bags for nutrition
<input type="checkbox"/>	hotel booked in advance	<input type="checkbox"/>	plastic cover for transition zone in case of rain
<input type="checkbox"/>	training facilities close or in hotel (pool, gym)	<input type="checkbox"/>	bag for wet/dirty gear after race
<input type="checkbox"/>	rental car checked (big enough to fit bike)	<input type="checkbox"/>	medication if needed (WADA checked!!!)
<input type="checkbox"/>	flight/hotel/car cancellation policies checked	<input type="checkbox"/>	bike/tire pump
<input type="checkbox"/>	socket type in foreign country	<input type="checkbox"/>	basic tool box incl. adhesive tape and plastic gloves
<input type="checkbox"/>	vaccination and/or medical certificate needed	<input type="checkbox"/>	nutrition (race, transition zone, pre/post race)
<input type="checkbox"/>	food situation in foreign country (own food needed?)	<input type="checkbox"/>	water bottles (race, transition zone, pre/post race)
<input type="checkbox"/>	medication supply situation (WADA checked medication)	<input type="checkbox"/>	clothes (before/after race)
<input type="checkbox"/>	medical/first aid situation at race site	<input type="checkbox"/>	clothes for warm up
<input type="checkbox"/>	race address and route from hotel to race site	<input type="checkbox"/>	foam roller
<input type="checkbox"/>	knowledge of race course (in full detail)	<input type="checkbox"/>	thera band
<input type="checkbox"/>	weather conditions on race site on race day statistically	<input type="checkbox"/>	first aid kit
<input type="checkbox"/>	conditions (course, climate and weather) built into training	<input type="checkbox"/>	toilet paper roll / tissues
<input type="checkbox"/>	knowledge of race rules & regulations	<input type="checkbox"/>	sun-cream
<b>ensuring training consistency</b>		<input type="checkbox"/>	body glide, vaseline, powder, bandages
<input type="checkbox"/>	gadgets charged at all times (powermeter, watch, gear shift, etc.)	<input type="checkbox"/>	sunglasses
<input type="checkbox"/>	proper training nutrition at home at all times	<input type="checkbox"/>	hat, rain coat, umbrella
<input type="checkbox"/>	nutrition intake built into training fairly in advance	<input type="checkbox"/>	toiletries
<input type="checkbox"/>	spares at home at all times	<input type="checkbox"/>	towels (more than 2, big and small)
<input type="checkbox"/>	functionality of spares	<input type="checkbox"/>	charged gadgets (watch, gear shift, powermeter,...)
<input type="checkbox"/>	equipment functionality checked regularly (e.g. brakes, tires, helmet, etc.)	<input type="checkbox"/>	few pairs of socks (warm up, bike, run, after race)
<input type="checkbox"/>	equipment condition checked regularly (e.g. cleats, laces, ...)	<input type="checkbox"/>	swimsuit
<input type="checkbox"/>	tire change trained	<input type="checkbox"/>	wetsuit
<input type="checkbox"/>	bike insurance	<input type="checkbox"/>	swimskin
<input type="checkbox"/>	triathlon license (main advantage: insurance)	<input type="checkbox"/>	goggles for all weather conditions
<input type="checkbox"/>	triathlon club membership	<input type="checkbox"/>	swim caps
<input type="checkbox"/>	training facility memberships (gym, pool, physio, etc.)	<input type="checkbox"/>	slippers
<input type="checkbox"/>	club training hours / season planning	<input type="checkbox"/>	second pair of running shoes (for warm up)
<input type="checkbox"/>	pool opening hours / season planning / renovation, etc.	<input type="checkbox"/>	towel for transition zone
<input type="checkbox"/>	knowledge of allergy season (if there's an issue)	<input type="checkbox"/>	bike
<input type="checkbox"/>	foam roll, massage gun at home	<input type="checkbox"/>	bike pouch
<input type="checkbox"/>	basic first aid, medical aid at home	<input type="checkbox"/>	bike shoes with functioning cleats
<input type="checkbox"/>	doctor, physiotherapist contact and opening hour details	<input type="checkbox"/>	pedals (if demounted)
<input type="checkbox"/>	bluetooth / Wlan connections work to down/upload trainings	<input type="checkbox"/>	bike helmet
<input type="checkbox"/>	training apps are updated	<input type="checkbox"/>	mini pump
<input type="checkbox"/>	training is planned in advance (with/without coach)	<input type="checkbox"/>	spares (tube, CO2, levers, tire change supplies)
<input type="checkbox"/>	trainings are aligned with work/family schedule way in advance	<input type="checkbox"/>	visor
<input type="checkbox"/>	trainings are being scored, notes are taken daily	<input type="checkbox"/>	race goggles
<input type="checkbox"/>	recovery is planned in advance (including recovery sessions, e.g. massage)	<input type="checkbox"/>	run cap
<input type="checkbox"/>	off days / off season / tapering is built in and planned in advance	<input type="checkbox"/>	run shoes (with functioning laces)
<input type="checkbox"/>	swim equipment: goggles, cap, fins, pullbuoy, board, snorkel, paddles	<input type="checkbox"/>	race belt
<input type="checkbox"/>	enough swim goggles at home, for all weather conditions	<input type="checkbox"/>	chip band
<input type="checkbox"/>	swim equipment labeled	<input type="checkbox"/>	own chip (depending on race)
<input type="checkbox"/>	swim/bike/run gear is functioning, washed, dry and ready2go daily	<input type="checkbox"/>	triathlon suit (a spare one is ideal, just in case)
<input type="checkbox"/>	long good night sleep is built in daily !!!	<input type="checkbox"/>	race jacket, arm warmers, windbreaker (due to weather)