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YOUR COMPLETE SPRINT TRIATHLON GEAR CHECKLIST

2026 Edition | By Mile Marker | milemarker.run

Your first sprint triathlon is a 750m swim, 20K bike, and 5K run. It sounds like a lot, but with the right gear, race day goes smoothly. This checklist covers everything you need to pack — from essentials to the small details that make a big difference. Items marked with ★ are absolute must-haves.

■ SWIM GEAR

★ Goggles (tinted outdoor / clear indoor)

■ Anti-fog spray for goggles

★

■ TRANSITION ZONE (T1 & T2)

- ★ Towel (to mark your spot and dry feet)
- ★ Race belt with bib number
- ★ Sunscreen (applied before the swim)
- Bucket or small bag for gear
- Bright-colored towel (easy to spot)
- Elastic laces pre-threaded in shoes
- Body Glide on feet (prevents blisters)
- Small bag for wetsuit after swim

PRO TIP

Walk through transition the day before if possible. Know exactly where your spot is and plan your layout.

■ NUTRITION & HYDRATION

- ★ Water bottle (pre-filled)
- ★ Energy gels or chews (1-2 for bike leg)
- ★ Electrolyte drink or tabs
- Pre-race breakfast (tested in training!)
- Post-race recovery snack or drink

PRO TIP

Never try new nutrition on race day. Use exactly what you've trained with.

■ TECH & TRACKING

- GPS watch (set to triathlon/multisport mode)
- Heart rate monitor (chest strap or wrist)
- Phone (for post-race photos and results)
- Charging cable (charge everything night before)

PRO TIP

Set your watch to auto-lap by transition so you get clean split times for each leg.

■ RACE DAY ESSENTIALS

- ★ Race confirmation / registration info
- ★ Photo ID
- ★ Body marking (usually at check-in)
- Cash/card for parking or post-race food
- Change of clothes for after
- Flip flops/sandals for after
- Recovery drink/food for post-race
- Trash bag (for wet gear)

PRO TIP

Arrive at least 90 minutes before your wave start for check-in, body marking, transition setup, and warm-up.

■ THE NIGHT BEFORE

- Lay out all gear (swim → bike → run)
- Charge GPS watch and phone
- Pin bib to race belt
- Check tire pressure and brakes
- Set two alarms
- Eat a familiar dinner (nothing new)
- Pack the car so you can grab and go

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