



WHAT TO PACK FOR YOUR TRIATHLON:

Swimming

- Tri suit / Costume
- Wristwatch
- Goggles / Mask + backup pair
- Swim cap + backup cap
- Wet suit (optional)

Biking

- Bicycle
- Bike helmet
- Bike shoes
- Bike pump
- Spare tyre kit
- Water bottles x 2
- Socks
- Sunglasses
- Bike gloves (optional)

Running

- Running Shoes
- Race belt with number attached
- Peak cap or running hat

Transition Area

- Towel
 - Gel / Bars / Other nutrition
 - Extra water bottle
 - Sunscreen 40+
 - Bike tools (in-case of an emergency)
 - Small basin for washing feet (optional)
 - Vaseline (optional)
 - Large bag for wet gear
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