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**Race Day preparation is key to having a smooth and awesome race experience!**

**WHAT TO PACK FOR YOUR TRIATHLON:**

**Swimming**

- Tri suit / Costume
- Wristwatch
- Goggles / Mask + backup pair
- Swim cap + backup cap
- Wet suit (optional – decision is made on race morning by TSA officials)

**Cycling**

- Bicycle
- Bike helmet
- Bike shoes
- Bike pump
- Spare tyre kit
- Race belt with number attached
- Water bottles x 2
- Socks
- Sunglasses
- Bike gloves (optional)

**Running**

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

**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