

Race Day Checklist

From Registration

- Race Number
- Safety Pins / Race Belt
- Bike Number
- Timing Chip
- Velcro Chip Band
- Swim Cap

Transition

- Gear Bag
- Large Towel for ground
- Water Bottle for transition
- Small Towel for drying off
- Tire Pump

Swim

- Swimsuit or Tri-suit
- Goggle (+ extra pair)
- Defogger

Bike

- Bike
- Bike Helmet
- Gloves
- Bike shorts/ Jersey / Shirt
- Bike Shoes / Socks
- Bike computer
- Sunglasses
- Water Bottle(s)
- Spare tubes
- Bike pump / inflator

Run

- Run shorts / shirt
- Running shoes / socks
- Hat / sweat band
- Water bottle & carrier

Nutrition

- Water
- Sports drink
- Energy Bars / Gels

General

- Watch
- Heart rate monitor
- Sunscreen
- Duct Tape



We wish the best of luck to all our Triathlon participants.

NOTE: This is suggested equipment. Some athletes will have more or less, depending on their needs.