

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

WHAT TO PACK FOR YOUR TRIATHLON:

Swimming

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

Cycling

- Bicycle
- Bike helmet
- Bike shoes
- Bike pump
- Spare tyre kit
- Race belt for number attached or safety pins.
- Water bottles x 1
- Socks
- Sunglasses (optional)

Running

- Running Shoes
- Peak cap or running hat (optional)
- Socks

Transition Area

- Towel
- Any specific nutrition
- Sunscreen 40+
- Bike tools (in case of an emergency)
- Small basin for washing feet (optional)
- Vaseline for chaff (optional)
- Large bag for wet gear

