



THE SWIM

- Bathing cap
- Tri-suit or Wetsuit
- Towel [something bright & easy to identify]
- Goggles [two pairs, just in case]
- Swim cap
- Waterproof watch
- Sunscreen
- Sport-specific lubricant to stop chafing
- Number belt [if you're not using safety pins]
- Heart rate monitor or GPS [if you use one]
- Timing chip and strap



THE BIKE

- Bike [triathlon compliant]
- Helmet [mandatory standard AS/NZS 2063:2008]
- Runners
- Socks
- Bike shoes
- Sunglasses
- Gloves
- Clothes for cycling
- Water bottle
- Mini bike pump
- Spare inner tubes



THE RUN

- Runners
- Socks
- Spare run shirt / shorts
- Visor or cap



THE EXTRAS

- ID and money
- Drinks or nutrition prepared
- Safety pins for race numbers
- Energy gels, bars or nutrition
- Warm clothing for post-race
- A towel for transition
- Post-race food

“Every pro was once an amateur. Every expert was once a beginner. Let's go!”

