

EVENT DAY ESSENTIALS CHECKLIST

SWIM CHECKLIST

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|--|---|
| <input type="checkbox"/> Bathers/tri suit/wetsuit | <input type="checkbox"/> Swim cap |
| <input type="checkbox"/> Towel (bright & easy to identify) | <input type="checkbox"/> Waterproof watch |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Sunscreen |

BIKE CHECKLIST

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|---|---|
| <input type="checkbox"/> Bike | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Bike helmet
(AS/NZA 2063:2008 standard) | <input type="checkbox"/> Clothes for cycling in |
| <input type="checkbox"/> Runners & socks/bike shoes | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Sunglasses | |

RUN CHECKLIST

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|----------------------------------|---|
| <input type="checkbox"/> Runners | <input type="checkbox"/> Spare run shirt/shorts |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Run visor/cap |

...and don't forget some post-race dry/warm clothing!