

EVENT DAY ESSENTIALS CHECKLIST

SWIM CHECKLIST

- Bathers/tri suit/wetsuit
- Towel (bright & easy to identify)
- Goggles
- Swim cap
- Waterproof watch
- Sunscreen

BIKE CHECKLIST

- Bike
- Bike helmet
(AS/NZA 2063:2008 standard)
- Runners & socks/bike shoes
- Sunglasses
- Gloves
- Clothes for cycling in
- Water bottle

RUN CHECKLIST

- Runners
- Socks
- Spare run shirt/shorts
- Run visor/cap

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