



## WHAT TO BRING

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Competing in your first triathlon? Take a look at this equipment list to help you through your first race!

### Essential Equipment

- Bike (with bottle holder)
- Helmet
- Tyre repair kit - spare tube and levers
- Running shoes
- Swim suit/race singlet/bathers
- Trisuit/t-shirt/singlet for cycle and run
- Sunscreen
- Towel
- Drink bottles x 2
- Spare clothes for post-race

### Optional Equipment

- Spare goggles
- Bike shoes
- Sunglasses
- Visor/cap
- Bike computer
- Heart rate monitor
- Socks
- Powder for shoes

It's also a good idea to keep a laminated list of the equipment you need in your race bag! This ensures you won't forget anything on race day.

If you need anything post-race, make sure you leave this in the bag drop area, as you won't be able to access transition until the last competitor is on the run course.