Kit check list for racing

It's a good idea to pack your kit the night before and use a check list to make sure you have everything you need.

The list below includes EVERYTHING you might need for an aquathlon, duathlon and triathlon event, so not all it may be needed each time, just tick off what is necessary and relevant for you before each race.

EQUIPMENT

Swim hat

Goggles

Wetsuit (if open water swim)

Bike

Helmet

Race belt

Spare inner tube

Small towel (for transition)

Larger towel (for shower after)

Drink (in a bottle that fits in the cage on your bike)

Talc (to sprinkle inside your trainers/bike shoes to soak up the wet)

Membership card (if member of British Triathlon)

Safety pins

Elastic bands

Cap

CLOTHING

Swim wear / Tri suit

Bike shoes

Trainers (with elastic laces)

Spare shoes to warm up, travel around in (as your trainers are usually left in transition)

T shirt (if you want to put one on)

Extra layers to race in (if cold/wet weather)

Socks (most athletes don't stop to put them on in transition but if you think you might get blisters...)

OTHER STUFF

Race information/maps etc...

Drink

Snack/Food

Sunglasses

Sun Cream

Plastic bags

Plasters

Flip Flops

Underwear! (if you wear your suit to the race)

Warm layers for before/after race