

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