

Thanks to our sponsors:

CRYSTAL PALACE TRIATHLON 2014: Kit Checklist

EQUIPMENT:

- BTF licence (if applicable);
- Swimming nose clip and / or ear plugs (if required)
- Swim goggles
- Swim hat (if required)
- Two towels - one for the floor in transition, the other to shower with after the event
- £1 / 50p / **20p** coins for lockers
- Bike
- Bike tools, inner tube, tyre levers and pump
- Helmet - **no helmet, no race**
- Sun glasses / clear glasses
- Hat to protect from sun, especially on longer races
- Race numbers, you may not get these until registration on race day
- 8 safety pins or race belt for attaching race numbers
- Money for expo and / or massage at race location / post-race cakes

CLOTHES:

- Swimwear / Trisuit
- Bike / running top – if you've got an early start, you might want to use a cycle jersey, but make sure it's a top that wicks away sweat
- Bike shoes
- Running shoes
- Socks – if needed, most don't but this needs practice to avoid blisters
- Fleece or clothes to wear after the event
- Big plastic bag / box to keep clothes dry while left in transition, in case of rain
- Extra pair of shoes if it's a long / difficult walk from transition to the pool

FOOD/DRINK:

- Drinks – 2 x 500/750ml water bottles with carbo drink
- Bananas, energy bars, gels etc

FIRST AID:

- Sun screen
- Antiseptic cream
- Plasters



Beating Blood Cancers



Please note that Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.