

# CRYSTAL PALACE TRIATHLON 2017: Kit Checklist

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## EQUIPMENT:

- BTF licence (if applicable);
- Swimming nose clip and / or ear plugs (if required)
- Swim goggles
- Swim hat (if required)
- A towel 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
- Race belt for attaching race number (you will be given a race belt in your goody bag at Registration)
- 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 – 1 or 2 x 500/750ml water bottles with water / carbo drink (depending on length of race)
- Bananas, energy bars, gels etc (depending on length of race)

## FIRST AID:

- Sun screen
- Antiseptic cream
- Plasters

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