



SHARKS SWIM & TRIATHLON

swim & triathlon top brands

GENERAL

- Phone, credit card & cash
- Food & water
- Toilet paper
- Bike protection
- Hotel booking documents
- Photo ID
- Triathlon Association Membership Card
- Event confirmation documents and briefing

TRIATHLON CHECK-LIST ESSENTIALS

BEFORE THE RACE

- **Flip flops** - To go from transition to swim if far apart
- **Plenty of race nutrition energy** - Hydration & electrolytes
- **Extra water bottles**
- **BodyGlide** - Lubrication, stops chaffing & get wetsuit off quickly
- **Bike tools, pump & spare tire**
- **Transition Bag** - Suitable to carry wet gear, helmet, trainers, cleats etc
- **GPS wrist watch / heart rate monitor**
- **Elastic bands** - To position cleats on bike
- **DryRobe / Swimzi XK** - To keep warm before race





SWIM

- Trisuit, TriShorts or TriTop
- Wetsuit
- Goggles - Polarised to stop brightness and glare from Sun
- Spare pair goggles
- Ear plugs - If required
- Nose clip - If required
- Swim cap - From race pack
- Neoprene swim cap - To wear under one from race pack if cold
- Timing chip
- Race belt with race numbers



BIKE

- Attach numbers from race pack
- Race wheels - Check rim criteria
- Bike helmet
- Cleats - Bike shoes
- Socks - IronMan / long course only
- Water bottles - With electrolytes and energy
- Sunglasses
- Bike gloves - If cold
- Arm warmers - If cold
- Arm coolers - If warm
- Energy food



RUNNING

- Running shoes
- Bungee laces
- Visor or race cap
- Socks
- Energy race belt
- Sunglasses

FINISH

- DryRobe or Swimzi XK



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