



Race Checklist

Swim

Wetsuit
Goggles (+ spare)
Swim Hat
Vaseline/Baby Oil
Flip Flops

Bike

Helmet
Cycling shoes
Tubes x 2
Pump
Water Bottle
Socks (if wearing)
Tri Top
Tri Shorts
3-in-1 Oil
Puncture repair tool

Run

Runners
Hat

Other

TI Card / One day license
Sunglasses
Watch
Talc
Race Belt
Tape
Mat/Towel for transition
Rucksack
Box
Rain jacket (if wearing)
Gels/Energy Drinks/Energy
Bars etc.
Plastic bag



Race Day

- Pre-entry on line
- Registration evening before/morning of race – Race Pack and Goodie Bag
 - Timing Chip
 - Race Numbers and pins
 - Swim Hat
- Timing chip on left ankle
- Assigned swim cap must be worn
- Numbers to be worn on front and back;
- Wear clothes you will race in under wetsuit