



Triathlon Gear Check List

General

- Sunscreen
- ID for registration
- Map so you know where you are going
- Warm clothes to put on after the tri

For the Swim

- Swimmers or Tri Suit
- Cap
- Goggles
- Towel

For the Ride

- Bike
- Helmet
- Shorts
- Shirt
- Socks
- Shoes
- Water bottle

For the Run

- Hat / Cap
- Sunnies
- Singlet
- Runners