

YOUR RACE OUTFIT CHECKLIST

- Licence
- Booking confirmation/ QR Code

Swim

- Tri-suit or one-piece swimsuit
- Wetsuit
- Goggles
- Swim cap (provided)
- Towels

Bike

- Bike (tyres pumped/ breaks working/ repair kit)
- Tri-suit or tri shorts
- Bike jersey
- Cycling shoes or running shoes
- Socks
- Gloves
- Sunglasses
- Helmet

Run

- Running shoes/ socks (broken in)
- Moisture-wicking top or jersey
- Hat or visor

Accessories

- Race belt
- Body glide / anti-chafe balm
- Hair ties / headband
- Nutrition (gels, bars, chews)
- Water bottle

Pre & Post-Race

- Comfortable change of clothes
- Dry bag
- Warm layer (hoodie or jacket)
- Change of shoes

Optional / Event Support

- Bike rental (if needed)
- Wetsuit rental (if needed)