

Check List for Triathlons:

Lift to and from venue	
Any information e.g. Numbers inc pins	
Swimming trunks/costume	
Goggles	
Swimming Cap/Nose Clips	
Towel x 2	
Toiletries e.g. soap, shampoo, hairbrush	
Bike	
Water bottle	
Helmet	
Gloves	
Puncture Repair Kit	
Bike Shoes	
Cycling Clothing	
Running Shoes	
Running Vest	
Running Shorts	
Running drink	
Extra clothing for weather	
Spare change of clothes	
Food and Drink	
Money for emergencies	