

Your First Triathlon - A Guide to the Equipment Required

- **Race Must Haves:** The minimum required kit to race
- **1st Race - Nice to Have:** Want some comfort, your final time is important, then consider these options
- **Hooked - Options for the future:** Fallen in love with the sport, the sky's the limit...

Race Day	Race Must Haves	1 st Race - Nice to Have	Hooked – Options for the Future	Comments
SWIM	Swimsuit	Triathlon Race Suit		<i>A triathlon race suit is worn throughout the race (through all three disciplines). It is made of special fast drying material and has pockets for all the gels and special food that you think you'll need. It also has light padding for the bike section.</i>
		Triathlon Wetsuit Hire or borrow a friends wetsuit	Triathlon wetsuit purchase	<i>NB. Snorkels, masks and flippers are not allowed! Google Triathlon wetsuits for hire for more info.</i>
	Swimming Cap			<i>This is provided by the event</i>
	Goggles	Open Water (OW) Goggles		<i>OW goggles are often bigger with wider vision, lens options include – polarised (anti glare), smoked (sunlight), yellow (Improves vision in varying light)</i>

Race Day	Race Must Haves	1 st Race - Nice to Have	Hooked – Options for the Future	Comments
BIKE	Bike – any you have	Roadworthy Racing Bike	Time trial / Tri bike or a road bike with clip on tri bars	<p><i>It is good to have a water bottle holder on your bike, however we will ask for other accessories to be removed e.g. panniers, horns, trailers etc</i></p> <p><i>If you are in the Olympic Category you may wish to borrow a Racing Bike to aid your effort.</i></p>
	Helmet		Aero dynamic helmet	<i>A helmet is compulsory</i>
	Trainers	Cycling Shoes	Triathlon specific cycling shoes – already clipped into the bike’s pedals	<i>Socks - To wear socks or not, up to you but do not go barefoot for the first time in race day</i>
	Shorts and T-Shirt	Run/Cycle Quick Dry Top and Shorts (& maybe a padded saddle cover)		<i>At no time during the race can you be in your birthday suit! So add clothing as required on top of the swimsuit. i.e. put your shorts on over your swimsuit. If you’re after a good time remember ALL clothing that has to be put on or taken off wastes time</i>
		Sunglasses	Sunglasses with Polarised Lenses	<i>Keeps the bugs, grit and sun out of your eyes</i>
	Safety Pins - to fix your race number	Race belt	Race Belt with Gel Loops	<p><i>Your race number needs to be on your back for the bike section & on your front for the run section. Your race pack will contain 2 x race numbers.</i></p> <p><i>A couple of safety pins will be in your race pack to ensure it stays attached to your clothes or race belt</i></p>

Race Day	Race Must Haves	1 st Race - Nice to Have	Hooked – Options for the Future	Comments
RUN	Shorts	Running Shorts		
	T-Shirt	Running Vest / Top		
	Trainers	Fancy Running Trainers		
		Sports Watch		
		Sunglasses	Sunglasses with Polarized Lenses	
	Safety Pins - to fix your race number	Race Belt	Race Belt with Gel Loops	<i>Your race number needs to be on the back on the bike section & front on the run, you often only get 1 number. A couple of safety pins will be in your race pack and ensures it stays attached to your clothes or race belt</i>

Race Day	Race Must Haves	1 st Race - Nice to Have	Hooked – Options for the Future	Comments
TRANSITION	Plastic box / carrier Bag / Sports Bag	Specific Transition Bag		<i>Keep your kit together, if it's raining use it to keep your kit covered if you can – remember there's not a lot of room in the transition for each person</i>
		Towel		<i>A bright colour will make it helpful to find your bike as well as standing/drying your feet on.</i>

NUTRITION & HYDRATION	Water	Energy Drink	Electrolyte powders & Energy gels	<i>Always advisable to have water ready in transition and on the bike</i>
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OTHER	Socks	<i>To wear socks or not, up to you but do not go barefoot for the first time in race day</i>		
	Anti-Chafe Cream	<i>Prevents friction rash from wetsuit, chamois cream makes the bike more comfortable on a longer ride</i>		