

Triathlon checklist – open water triathlon events (loch, sea, river etc)

Essential - swimming

- Swimming cap
- Goggles
- Swim suit
- Wetsuit

Optional

- Body glide (stops chafing)
- Neoprene cap (for head warmth)
- Trisuit (all in one race suit)

Essential - transition

- Towel
- Wet weather options
- Tri number belt
- Race number

Optional

- Talcum powder (dry feet quickly)

Essential – bike

- Road worthy bike
- Helmet
- Water bottle & cage
- Puncture repair kit
- Spare inner tube
- Tyre levers
- Pump
- Sunglasses

Optional

- Cycling shoes
- Cycling shorts
- Cycling shirt
- Cycling gloves
- Sunglasses

Essential - run

- Running shoes / socks
- Running shirt
- Running shorts

Optional

Essential – post race

- Towel
- Rain gear
- Warm clothing

Optional

- Flip flops/sandals

Essential – misc

- Membership card
- Race confirmation
- Directions to race

Optional

- Food
- Sun block
- Watch