

Your First Triathlon: What to Bring

Here's a simple guide to keep things stress-free and organized!

Firstly, remember to eat, and be well hydrated. Also, Triathlons usually start early, be prepared before race day and arrive early, sometimes finding parking can be tricky.



For the Swim

- Swimsuit or Tri-suit – Wear what you'll race in.
- Goggles – Make sure they fit well and don't fog up.
- Sunscreen – Apply before you start to protect your skin.



For the Bike

- Bike – Check brakes and gears the night before.
- Helmet – Mandatory for safety.
- Bike Shoes or Running Shoes – Depending on your setup.
- Drink Bottle – Hydration is key!
- Bike Pump – Handy for last-minute adjustments.
- Spare Tube & Tyre Lever – Optional, but great for peace of mind.



For the Run

- Running Shoes – Comfortable and broken-in.
- Socks – Don't forget these!
- Hat or Sunglasses – Protect yourself from the sun.
- Race Belt or Safety Pins – To attach your bib.

What's Provided for You

- Swim Cap – Usually included (check with your race director).
- Timing Chip – Provided at most events.
- Race Number Bib – You'll get this at check-in.
- Post Race Nutrition – Fruit and water is often provided.

Now have fun and enjoy the experience!