

# TRIATHLON RACE DAY PACKING LIST

## SWIMMING

Swimming cap

Chip

2 goggles (1 for the swim and 1 reserve)

Wetsuit or skinsuit

Wetsuit booties for cold swims

Vazelin or any other crème for critical areas

Gel and a bottle water (before the start)

Heart rate monitor (optional)

Sport watch (CHARGED!!)

Triathlon suit

Sport top (for ladies)

Old pair of socks or slippers before the start (optional – throw away)

## CYCLING

Race number

Water bottles for the bike

Nutrition for cycling

Bike computer (CHARGED!!)

Helmet

Shades

Socks

Shoes

Towel

Sun crème (optional)

Any additional clothes if you change to cycling clothes after swim (or its cold)

## RUNNING

Running cap

Nutrition for running

Running shoes

Any additional clothes if you change to running clothes after cycling

## AFTER RACE

Dry clothes

Towel

Personal hygienic products if you want to shower

Money/travel card to travel home if you have no extra support

Food/recovery drinks in case it's not provided by the organization