



TUFF FITTY
TRIATHLON CLUB

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GEAR CHECKLIST

SWIM

Tri Suit or Swimsuit
Goggles
Large Towel
Small Towel
Wet Suit (Open Water)
Body Butter/Petro Jelly
Swim Cap

BIKE

Bike !
Helmet
Shoes
Socks (optional)
Jersey/Singlet
Gloves (Optional)
Sunglasses (Light & Dark Shades)
Water Bottle (s)
Spare Tyre or Inner Tube
Pump or CO2 Cartridge
Tool Kit

RUN

Shoes
Elastic Laces / Toggles
Shorts
Vest
Hat/Visor
Tracksuit
Talc

MISCELLANEOUS

Race Info, Numbers & Maps
Watch (HRM optional)
BTF Licence (If applicable)
Money (including change for lockers)
Vitamins?
Energy Drink
Energy Food
Inhalers/Medication
Shower Gel
Race Number Belt
Hole Punch for Number belt
(or Safety Pins)
Black Bin Liners (if it rains)
Sunscreen
Toilet Roll
Water - pre race
Mobile Phone
Bike Insurance Details
Camera