

# Triathlon competition checklist



## General

- BT membership card
- Registration Pack
- Directions to event
- Money
- Waterproof sunscreen
- Watch
- Torch
- Safety Pins
- Phone with charger lead
- Blunt scissors
- Hole punch
- Pre-race drink
- Bike tools
- Track Pump
- First aid kit
- Warm clothing
- Towel
- Plastic Bag
- Toilet Roll
- Electrical Tape

## Swim

- Wetsuit
- Wetsuit Lube
- Swim float
- Goggles x 2
- Tri-suit
- Ear / nose plugs
- Swim hats

## Bike

- Bike
- Helmet(s)
- Bike shoes
- Elastic bands
- Puncture repair kit
  - Spare inner tube
  - Tyre levers
  - Pump or CO2 inflator
  - Chain repair link
  - Multi tool with chain splitter
- Water bottle(s)
- Jacket
- Bike lights
- Bike computer
- Sunglasses
- Energy bars
- Race belt

## Run

- Run shoes
- Cap / Visor

## Event details

Name

Post Code

Notes