

# Triathlon Equipment

# CHECKLIST

1 - Necessities    2 - Nice To Have    3 - Splurgee

## Swimming

- 1 Goggles
- 1 Swimsuit (ideally tight fitting)
- 1 Swim cap (esp for long hair)
- 1 Wetsuit (for open water tris)
- 2 Pull Buoy
- 2 Kickboard
- 2 Fins

## Cycling

- 1 Bike
- 1 Helmet
- 2 Cycling Knicks
- 2 Bike Computer
- 3 Cycling Jersey
- 3 Cycling Gloves

## Running

- 1 Running Shoes
- 2 Running Clothing
- 3 Heart Rate Monitor

## Race Day

- 2 Triathlon Suit
- 2 Race Belt
- 3 Elastic Laces