

Triathlon Kit List

The equipment needed for a triathlon can vary from person to person and from race to race. Individual choices of clothing and equipment change the requirements of transition and storage. Once firm decisions have been made, the transitions can be planned.

E.g. A one piece tri suit is to be used. Therefore no bike/run vest needed. HRM chest strap can be worn from the start. This leads to two choices, pin the number on or use number belt.

The kit needed will be based around the following list. Feel free to alter and amend to cater for personal preference and circumstances.

Swim T0

Goggles
Trunks/Tri Suit
Wet Suit

Bike T1

Bike
Bike Helmet
Drinks Bottle
Number Belt
Eyewear
Food (Bars/Gels)

RunT2

Running Shoes
Food (Bars/Gels)
Drink
Hat

Finish T3

Recovery Drink
Food
Towel
Jacket/Top

Miscellaneous

BT Race Licence
Passport
Form of identification
Insurance Documents
Marker Pen
Talcum Powder
Sun Cream
Heart Rate Monitor
Wet Suit Lubricant
Race/BT regulations
Race Information

Bike Repair Stuff

Spare Tubes
Tyre Levers
Extra Bottle Cage

Hexagon Keys
Track Pump
PVC Tape
Spare bike computer battery

Race Rules

Please make yourself aware of the race rules regarding kit storage and transitions. Kit must be stored at your "station" in most races. In some split transition and longer distance races kit must be placed in bags.

Planning Transition

The general format of transition areas are the same for each event with detail changes. I try to walk through transition before the race so I have an idea of where to find my bike/shoes and know where to go afterwards.

Considerations in longer distance races.

"Longer Distance" is a relative term. If you think you are going to be out there a long time then it may be wise to have a greater selection of kit. A selection of possible extras are here.

Arm Warmers
Waterproof jacket
Gillet
Running Shorts
Food (in addition to gels and bars you may want something you actually like)