

TRIATHLON KIT LIST - TIPS **IRONMAN**

PRIOR TO RACKING BIKE

1. *Attach all numbers to kit – BIKE TO BACK, RUN TO FRONT*
2. *Stick numbers to bags*
3. *Pack your Swim, Bike, Run bags on your own – mentally walk through race*
4. *Take a bottle of drink and something to eat it may take some time*

BIKE

1. *Day before race – check bike out on a short easy ride.*
2. *Hand in Bike and Run bags – YOU SHOULD NOT NEED TO GO BACK TO THESE IF CAREFULLY PREPARED*
3. *Rack bike with race number attached – YOU NEED YOUR HELMET FOR CHECK IN*
4. *Put into correct gear for start of ride and align pedals*
5. *Let tyres down*
6. *Hand in Special needs bags if you are using them*
7. *Now go away!*

SWIM BAG

Your post race clothes, wear down in morning, will end up in this bag

1. *Tri Suit / swim costume / trunks – tri briefs under the trisuit – NUMBER FRONT AND BACK*
2. *Goggles*
3. *Swim hat (provided)*
4. *Wet Suit*
5. *Throw away flip flops (optional)*
6. *Vaseline / Baby Oil or equivalent (for neck, ankles and wrists)*
7. *Sun Cream (at least factor 15)*
8. *Heart rate monitor*
9. *heart rate belt*
10. *2 x drinks bottles (for the bike) – PUT ON BIKE ON DAY*
11. *Track Pump – PUMP TYRES UP ON DAY*
12. *Number belt – optional check race rules.*

BIKE BAG

Your swim kit will end up in this bag.

1. *Helmet - NUMBERED*
2. *Glasses*
3. *Bike Gloves*

4. *Bike shoes*
5. *Socks*
6. *Sun cream (at least factor 15)*
7. *Energy Bars x 3 (or follow your own nutrition plan) – PLACE ON BIKE IF YOU CAN BEFORE RACE*
8. *Pump - SHOULD ALREADY BE ON BIKE*
9. *Spares – 2 x inner tubes and tyre levers – SHOULD BE ON THE BIKE*

If you are changing after the swim you will also need

1. *Bike top – NUMBER ON BACK best over the pockets*
2. *Bike shorts*

RUN BAG

Your bike kit will end up in here – YOU MAY WANT TO KEEP YOUR SUN GLASSES ON.

1. *Run shoes*
2. *Socks – IF YOU MUST*
3. *Cap*
4. *Sun cream – at least factor 15*
5. *Gels*
6. *belt or similar for carrying Gels - optional*

If changing after bike

1. *run shorts*
2. *underwear*
3. *run shirt/vest – BEST HAVING SHOULDERS COVERED – NUMBER ON FRONT*