



## CRYSTAL PALACE TRIATHLON 2009: Kit Checklist

### EQUIPMENT:

- BTA licence (if applicable); BTA levy (if applicable)
- Swimming nose clip and / or ear plugs
- Swim goggles
- Swim hat
- Two towels - one for the floor in transition, the other to shower with after the event
- £1 / 50p / 20p coins for lockers
- Bike
- Bike tools, inner tube, tyre levers and pump
- Helmet - **no helmet, no race**
- Sun glasses
- Hat to protect from sun, especially on longer races
- Race numbers, you may not get these until registration on race day
- 8 safety pins or race belt for attaching race numbers
- Money for expo and / or massage at race location / post-race bacon buttie

### CLOTHES:

- Swimwear / Trisuit
- Wetsuit – only allowed for open water swims, not pool based swims
- Bike / running top – for races early in the year, you might want to use a cycle jersey, it can get cold, but make sure it's a top that wicks away sweat
- Bike shoes
- Running shoes
- Socks – if needed, most don't but this needs practice to avoid blisters
- Fleece or clothes to wear after the event
- Big plastic bag to keep clothes dry while left in transition, in case of rain
- Extra pair of shoes if it's a long / difficult walk from transition to the pool

### FOOD/DRINK:

- Drinks – 2 x 500/750ml water bottles with carbo drink
- Bananas, energy bars, gels etc

### FIRST AID:

- Sun screen
- Antiseptic cream
- Plasters

*Please note that Crystal Palace Triathletes and all other parties connected with this promotion accept no liability for any damage to equipment or loss of property whatsoever.*