What to bring to the triathlon (not all are essential, so bring what’s required and, or important to you)

* Tri shorts
* Tri top (simple wick away performance shirt will work too)
* Swim goggles
* Swim cap
* Wetsuit
* Bike
* Helmet
* Bike shoes
* Bike gloves
* Gloves
* Spare tubes & CO2 cartridges
* Tube changing tools
* Running shoes
* Hat/visor
* Race number
* Race belt
* Socks
* Towel
* Water bottle(s)
* Sunscreen
* Anti-chafing product
* Timing chip
* Sunglasses
* Gels/energy bars/electrolytes
* Change of clothes
* Directions to venue