



Useful kit list for Triathlon – beginners

The following is a comprehensive list of the equipment that may be considered for a race. It's not exhaustive, and none of it is strictly mandatory (the rules for each race should be checked prior so that you know (for example) whether the race is drafting or non-drafting, wetsuit / no wetsuit, or whether there are any mandatory bad-weather kit requirements).

Pre-swim / general

- Transition shoes (old trainers, crocs or sandals)
- Disposable razor (for shaving legs to help with applying race number tattoos)
- Baby oil / mineral oil (non-petroleum based) to apply to legs and arms and assist with getting wetsuit off in T1
- Transition shoes (old trainers, crocs or sandals)
- Wet wipes (for cleaning hands of oil)
- Towel
- Sunscreen – check that it won't affect the wetsuit
- Bodyglide / anti-chafing cream
- Hydration tabs
- Safety pins (for attaching race numbers to tri suit / top if not using a race belt)
- Small scissors / hole punch (if race numbers do not come pre-punched)
- Small sponge + water bottle (for use in applying race tattoos)
- Bag big enough to carry all kit – check race rules for what can be stored in Transition.
- Waterproof bag for wetsuit
- Race license (recommended – save money on purchasing a temporary race license)
- Talcum powder (if required prior to donning cycle shoes)
- Pen (biro / sharpie) – often needed for writing emergency contact details on rear of race number
- _____
- _____
- _____



Swim

- Tri suit / tri top + tri shorts
- Tinted goggles (for sunny days)
- Clear goggles
- Wetsuit
- Swim hat (spare)
- Ear plugs (if required) – consider taking spares
- Nose clip
- _____
- _____
- _____

Cycle

- Lightweight bike jacket or windproof
- Helmet (must be kitemarked / EN approved for road use)
- Sunglasses / bike glasses (clear / dark depending on conditions)
- Bike shoes
- Mitts or gloves
- Buff (for bike)
- Drinks bottle
- Gels – may be attached to bike or loose for collecting
- Race belt (for attaching race numbers)
- Bike lights (front / rear) depending on conditions
- Bike tools / CO₂ inflators
- Socks (if required)
- _____
- _____
- _____



Run

- Running shoes (fitted with speed laces / elasticated laces) – type of shoes selected to be suitable for terrain
- Run hat
- Run gloves
- Sunglasses
- Drinks bottle
- Gels or race food
- Socks (if required)
- _____
- _____
- _____