

KIT	Packed in bag	Race Start	Leave in T1	Leave in T2
Swim:				
Wetsuit (OW only)		x		
Trisuit		x		
Goggles		x		
Hat		x		
Compression sleeves*		x		
Bike:				
Garmin/bike computer			X on bike	
Bike			x	
Helmet			x	
Shoes			x	
Glasses			x	
Gloves*			x	
Jacket/jersey*			x	
Socks*			x	
Number belt (with number)			x	
Asthma Inhaler*			x	
Bke bottle with water/energy drink			X put on bike	
Tyre change kit on the bike (tube, levers, gas canister and mini pump)**			X put on bike	
Run:				
Shoes				x
Hat/visor*				x
Extras:				
Small bright towel		X	X	x
Anti-fog for goggles		x		
Bodyglide		x		
Talc for shoes		x		
Sunscreen*		x		
Cheap flip flops***		x		
Nutrition:				
Gels/tabs/glucose*		x	x	x
For after:				
Warm layers				
Hat/gloves				
Drink/snack				
Money for cafe				

*Personal requirements here – if you need/use these items;

** And know how to use it;

***Useful if you've put your only trainers into transition and need to pad about for an hour or so or if you've a lake swim and have to walk a decent distance to the swim. Keep them cheap though as you may never see them again.