

Qwik Kiwi – Race Day Triathlon Equipment List

Pre-Race

- Warm clothing
- Water bottle (with race hydration)
- Toilet paper (you never know when you will need it)

Swim

- Tri suit (or singlet and tri-shorts)
- Race belt with race number attached
- Heart rate monitor
- Goggles (two pairs: one with dark lens, one with light enhancing lens)
- Wetsuit
- Race swim cap / neoprene swim cap
- BodyGlide/Tri Slide
- Towel

Bike

- Bike (can't race without it)
- Helmet
- Drink bottles (filled with race hydration)
- Mini pump & spare tubes/tubular (& tyre levers if applicable)
- Track pump
- Cycling shoes
- Bike computer if applicable
- Socks if worn
- Sunglasses
- Cycle clothing if changing

Run

- Shoes
- Sunhat
- Fuelbelt (if applicable)
- Run clothing if changing

‘Training for excellence, with excellent training.’