

Qwik Kiwi – Travelling Triathlon Equipment List

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 x2
- Togs
- Pull Buoy
- Paddles
- Fins

Bike

- Bike
- Aero helmet
- Regular helmet
- Drink bottles (regular & aero)
- Mini pump & spare tubes/tubular (& tyre levers if applicable)
- Race wheels
- Track pump
- Cycling shoes (race & training)
- Bike computer if applicable
- Socks if worn
- Sunglasses
- Cycle shorts
- Cycle top
- Jacket/wind vest
- Gloves
- Arm &/or leg warmers
- Tool kit

Run

- Shoes (training & racing flats)
- Sunhat
- Run clothing if changing
- Fuelbelt or cambelbak
- Socks
- Running shorts
- Singlet and/or t-shirts
- Running jacket
- Beanie
- Tights

Other

- Warm clothing
- Water bottles
- Energy drink powder
- Energy bars & gels
- Charger for heart rate monitor (if applicable)
- Laptop to download your training sessions & race data

‘Training for excellence, with excellent training.’