



What You Need!

To participate in a triathlon you need the following:

Must Haves

- **A functioning bike** – it can be a road bike, a mountain bike, a hybrid, a bike with a little basket on the front. As long as it is road worthy you can use it.
- **An Australian Standard Helmet**
- **Clothing** – either a TriSuit or Swimmers, Shorts and T-shirt. In triathlon, you are not allowed to be bare chested (mainly only a rule for men, but for women it's more a SunSmart message)

- **Runners/Joggers**

What the event provides

- **Race Bib** – must be worn on the bike and the run legs
- **Timing Chip** – must be worn for the entire event on your left ankle
- **Swim Cap** – this swim cap is colour coded with the Wave Start you have been allocated
- **Bike Security Sticker** – this sticker needs to be put on the top tube of your bike; it will be checked off with your race bib number as you leave transition after you have completed the race
- **Event Pack with sponsors goodies**
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Optional Extras

- **Race Belt** – holds your race bib and allows quick and easy attachment to your body on exiting the swim; it also stops you from wrecking your nice workout clothes/new trisuit with safety pins>
- **TriSuit / Tri Top and Shorts** – lycra type garments, that you can swim, cycle and run in comfortably.