



Kapiti Women's Triathlon Packing List



Packing for race day in advance take all the stress out of the day. Here's our list, but think about what works for you.

SWIM

- Swimsuit or tri suit (consider wearing)
- Wetsuit
- Cap
- Goggles (maybe a spare pair too)
- Anti fog
- Tri Slide or wetsuit lube (not Vaseline)
- Jandals
- Towel
- Watch/ HR monitor if you use one
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BIKE

- Bike: tyres pumped up, brakes checked (Check with the team at Biking Mad before Friday)
- Water bottles
- Spare tube
- Floor pump
- Tyre levels and CO2 pump or mini pump
- Cyclists multi tool
- Helmet
- Sunglasses
- Race belt if using (a piece of elastic is an easy option too)
- Cycling t shirt
- Cycle or tri shorts
- Cycle shoes or running shoes
- Socks
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RUN

- Running shoes (the team at Stirling Sports can help here)
- Shorts (if reqd)
- Socks
- Cap or visor
- Sunglasses (if not wearing on the bike)
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POST RACE

- Change of clothes
- Cash/credit card
- Gear bag
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PRE RACE /OTHER

- First aid items
- Medical info/ID card
- Prescription medicines (incl asthma inhalers, anti-histamines etc if relevant to you)
- Sun screen
- Lipbalm
- Chamois cream
- Hand sanitiser
- Safety pins
- Extra bottle of drink
- Phone
- Coffee in reusable coffee cup
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A very big smile for the camera 😊