

Print this out and check off each item before race day. ★ = mandatory or strongly recommended

**SWIM**

- Goggles ★** Non-negotiable. Buy before your first pool session. Any pair around \$15–25 CAD works.
- Swim Cap** Your race provides one, but you need your own for training. Silicone lasts longer than latex.
- Wetsuit** Check race rules first. Allowed below ~24°C, prohibited above ~28°C. Adds buoyancy and warmth.

**BIKE**

- Road Bike ★** Used is totally fine. Check Facebook Marketplace or Kijiji before buying new.
- Helmet ★** Required by race rules. Don't go no-name. Decathlon Roadr 500 is a solid budget option.
- Cycling Shoes** Not required for your first race. If you invest, make sure pedals and cleats are compatible.
- Sunglasses** Keeps wind, bugs, and sun out of your eyes on the bike. Any sport sunglasses work.
- Water Bottle** 500 ml for sprint. 750 ml for Olympic distance.

**RACE KIT**

- Tri Suit** Worn swim-to-finish without changing. Speeds up transitions. Not mandatory if you're okay changing.
- Number Belt ★** Clip your race bib here. Backwards on the bike, spin to front for the run. Way faster than pins.

**RUN**

- Running Shoes ★** Use what you already train in. Don't wear new shoes on race day.
- Hat / Visor** Keeps sun and sweat out of your face on the run leg.

**NICE TO HAVE**

- GPS Watch** Tracks swim, bike, and run in one activity. Not required, but useful if you plan to keep racing.