



Charnwood Triathlon Club

Equipment List

Swimming:

Recommended: Goggles, swim hat, trunks/shorts, energy drink, wet suit (open water only)

Optional: Pull Buoy, kick board, hand paddles, fins

Cycling:

Compulsory: Road worthy bicycle, helmet

Recommended: Glasses, thin hat, gloves, arm warmers, warm top, padded shorts/tights, warm socks, over shoes, energy drink, basic tools, replacement inner tube, mini pump

Optional (but worth it!): Clip in pedals, road cycling shoes with pedal attachment

Running:

Important: Suitable running shoes for your style and gait (see Jonathon if any assistance with this is needed),

Recommended: Suitable apparel for weather, drink

This list is comprehensive but by no means exhaustive so if you feel you may need something but are not sure please ask.