

The other important piece of preparing for a triathlon is to have the right equipment. The following is a checklist of gear divided into the categories based on how necessary or helpful they are for your first triathlon. *(from Joe Friel)*

You must have

- Swim suit, tri suit, or bike shorts (worn throughout the race)
- Run and bike shirt (may be a T-shirt)
- Swim goggles
- Bike (any bike is OK)
- Bike shoes (can be same as running shoes)
- Bike helmet (ALWAYS wear this when riding)
- Bike water bottle
- Sports drink
- Running shoes
- Sunscreen
- Race instructions (pick up before race with race number)
- Race number (may be on bike and/or a belt or pinned to shirt)

It would be good to have

- Aero bars on bike
- Handlebar computer
- Lace locks or elastic laces on run shoes
- Race belt for attaching number (may be pinned to shirt instead)
- Bike pump
- Wrist stopwatch/heart rate monitor (with chest strap)/GPS
- Transition towel
- After-race clothing
- Sunglasses

It may help if you had

- Running shorts to wear over swimsuit on bike and run
- Nose plugs and ear plugs for swimming
- Running hat
- Plastic bag to carry wet swim stuff home
- Spare pair of swim goggles
- Windbreaker for biking in case it's cold
- Toilet paper
- Plastic bag to cover saddle in transition (in case of rain)
- Transition stall marker (for example, balloon or ribbon)
- Socks (rolled down for easy entry in T1)

If traveling overnight to the race

- Breakfast foods, non-perishable
- Personal pillow (if driving to race)