

## EQUIPMENT CHECKLIST FOR NACHO AVERAGE TRIATHLON CLUB SANCTIONED EVENTS

### SWIM

ITEM	REQUIRED
GOGGLES	RECOMMENDED
WETSUIT	OPTIONAL
RACE CAP – BRIGHT COLOURS ONLY (YELLOW, ORANGE, ETC.)	YES
NOSE PLUGS	OPTIONAL
EAR PLUGS	OPTIONAL
SWIM SAFE	OPTIONAL

### BIKE

ITEM	REQUIRED
HELMET	YES
SUNGLASSES (OR EYEGLASSES)	YES
CYCLING GLOVES	OPTIONAL
CYCLING SHOES OR GOOD FOOTWEAR IF NO CLIPLESS PEDALS	YES
CYCLING SHORTS (TIGHTER FITTING CLOTHING MORE COMFORTABLE)	OPTIONAL
CYCLING JERSEY (TIGHTER FITTING CLOTHING MORE COMFORTABLE)	OPTIONAL
SUNSCREEN	STRONGLY RECOMMENDED
SOCKS	OPTIONAL
WATER BOTTLE(S) (FOR ANY RIDE LONGER THAN 30 MINS)	YES
NUTRITION (BARS, GELS, ETC.) BASED ON LENGTH OF RIDE	OPTIONAL
MULTI-TOOL	YES
SPARE TUBE	YES
TIRE LEVERS	YES
CO2 INFLATOR AND CARTRIDGE	YES or Frame Pump
FRAME PUMP	YES or CO2
HEART RATE MONITOR	OPTIONAL
CELL PHONE (REQUIRED FOR COACHES)	OPTIONAL

### RUN

ITEM	REQUIRED
HAT	OPTIONAL
SUNGLASSES (OR EYEGLASSES)	STRONGLY RECOMMENDED
SHOES (SUPPORTIVE)	YES
SOCKS	OPTIONAL
RUNNING SHORTS AND SHIRT (COMFORTABLE)	YES
WATER BOTTLE OR NUTRITION AS REQUIRED	STRONGLY RECOMMENDED
SUNSCREEN	STRONGLY RECOMMENDED
HEART RATE MONITOR	OPTIONAL