



## KIT LIST

- **Swim hat**
- **Goggles**
- **Towels x 2**
- **Tri-suit/Swim costume/Trunks x 2** if possible as we are going in the pool twice
- **Mountain/Hybrid/Cyclocross bike**  
*(suitable for cycling on grass)*
- **HELMET**
- **GLOVES** for cycling
- **Trainers**  
*(2 pairs may be useful if you have them)*
- **Elastic laces**  
*(We have some for sale on the day, £2/pair)*
- **Shorts/T-Shirt/Jumper/Trousers**
- **Waterproof jacket**
- **Spare kit**
- **Any medication you are currently taking**
- **Drink and healthy snacks**

Please ensure your bike is in roadworthy condition – i.e. air in the tyres, functioning brakes and saddle at correct height (hip height when standing next to the bike)

PLEASE ENSURE ALL KIT IS NAMED

