



KIT LIST

- **Swim hat**
- **Goggles**
- **Towel**
- **Tri-suit/Swim costume/Trunks**
- **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**
- **PACKED LUNCH, 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

