

EQUIPMENT NEEDED FOR TRI SQUAD SESSIONS

SWIM

- CLOTHING: SWIMMERS
- GOGGLES
- POOL BUOY AND PADDLES
- WATERBOTTLE
- OPTIONAL: SWIM CAP, FINS

CYCLE

- CLOTHING: CYCLE KNICKS AND JERSEY
- SUNSCREEN AND SUNGLASSES
- CYCLE SHOES, HELMEY, GLOVES
- MONEY FOR COFFEE STOPS
- REPAIR KIT: SPARE TUBE, BIKE PUMP
- BIKELIGHT (IF DARK)

RUN

- RUNNING SHOES
- HAT
- WATERBOTTLE
- OPTIONAL: GPS WATCH,
NUTRITION, HYDRATION BELT

