

Race Day Checklist

NO MERCHANDISE WILL BE ON SALE ON THE DAY SO PLEASE CHECK YOU HAVE EVERYTHING YOU NEED WITH YOU

RACE CHECK LIST

- Photo ID (driving licence or passport) or BTF membership card
- Spare shoes for walking to the start
- Swimming goggles
- Wetsuit
- 8 safety pins (to attach race numbers) or race belt
- Bike
- Bike helmet (good condition, no cracks)
- Bike shoes
- Water bottle(s)
- Sunglasses
- Saddle bag (with spare inner tube and tyre levers)
- Mini pump
- Track pump
- Running shoes
- Running cap
- Carbo drink/ energy bars / gels / bananas
- Sun block
- Directions to get to the race!