

# All Bar None

Sports Performance & Management

## Race Equipment Checklist

GENERAL GEAR	CYCLE
<input type="checkbox"/> Sports Bag	<input type="checkbox"/> Bike
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Helmet
<input type="checkbox"/> Towel for Transition	<input type="checkbox"/> Bike Shoes
<input type="checkbox"/> Track Suit for pre race	<input type="checkbox"/> Spare tyre / tube
<input type="checkbox"/> Race Information	<input type="checkbox"/> Pump
<input type="checkbox"/> Race Number	<input type="checkbox"/> Water Bottles
<input type="checkbox"/> Sports Drink – Bindi	<input type="checkbox"/> Singlet / R-Shirt (compulsory)
<input type="checkbox"/> Energy Bar – Go Natural	<input type="checkbox"/> Bike knicks
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Socks
<input type="checkbox"/> Sports Watch	<input type="checkbox"/> Gloves
<input type="checkbox"/> Pen & ID	<input type="checkbox"/> Cycle Shirt (Ironman)
SWIM	RUN
<input type="checkbox"/> Bathing	<input type="checkbox"/> Running Shoes
<input type="checkbox"/> Goggles – spare pair in case of damage	<input type="checkbox"/> Running Top
<input type="checkbox"/> Wetsuit	<input type="checkbox"/> Cap / Visor
<input type="checkbox"/> Swim Cap	<input type="checkbox"/> Shorts
<input type="checkbox"/> Vaseline	<input type="checkbox"/> Shorts
<input type="checkbox"/> Extra towel / Chamois	
POST RACE	
<input type="checkbox"/> Change of Clothes	
OTHER	
<input type="checkbox"/>	<input type="checkbox"/> Sandals
<input type="checkbox"/>	<input type="checkbox"/> Band Aids