

What to bring:

General.

If you are staying in the wharewaka houses, linen has been hired for the houses, which has been fine previously. If you have a special pillow or duvet, then it is fine to bring that.

Swimming gear:

Thursday and Friday are pool sessions, so you will need normal swim training gear:

togs, goggles, cap, pull buoy, paddles optional kick board.

Thursday evening, Saturday, and Sunday are lake swims (weather permitting) and wetsuit, cap and goggles required.

Cycling:

Some showers are forecast, so cycling gear for all conditions. If it is very bad weather wise, the bikes will be cut shorter (down to zero if very bad). Thermals, wet wether gear, and fine weather riding gear! Feel free to bring a windtrainer – but hopefully not required!

Helmet, shorts, tops, vests, armwarmers, food/drink carrying devices (bento box, gel flasks, drink bottles etc)

Running:

Run shorts and tops, cap/visors, water carry device (fuel belt etc)

General training gear:

Race gear that you want to trial:

Race wheels, and race clothing or combinations.

General:

Casual clothes, including warm.

Dvd's, ipod, book to read, other chill out devices.

Training Gear Check List

- Swim suit
- Wetsuit
- Goggles
- Spare cap plus optional thermal cap
- Wetsuit tri glide/anti-chaff
- Pool buoy
- Paddles

- Bike
- Helmet
- Race wheels
- Training wheels
- Helmet (training/racing-aero)
- Sunglasses
- Cycle shoes plus optional spare pair
- Track pump
- Frame pump
- Spare tyres/tubes/glue
- Valve extenders
- CO2 inflation/ adapters/cartridges
- Drink bottles (how many?)
- Tools/ chain oil/tape
- Cycle top (how many?)
- Cycle shorts (how many?)
- Cycling socks (how many?)
- Vest/jacket/ armwarmers
- Beanie/skull cap
- Thermal
- Gloves
- Booties
- Bento box / nutrition storage
- Vaseline/anti chaff cream
- Optional Windtrainer

- Running shorts
- Running top
- Running shoes (training, including spare pair)
- Racing flats
- Running cap/visor

- Running socks (how many?)
- Fuel belt/ running drink system.

- Tri shorts
- Tri Top
- Other Race gear (for testing)?
- Compression gear for recovery/injury prevention?

- Nutrition for bike, swim and run sessions
 - Electrolyte drink/Perpetuum
 - Electrolyte tablets/capsules
 - Gels and bars
 - Recovery drinks
 - snacks
 - Other (any special needs).....

- HR monitor
- Power meter {plus down load cradle}.
- Sunscreen
- Towel (s)
- Extra Wet weather / cold weather gear
- Pillow/bedding (if particular)
- Casual clothes for chilling / Sat night out
- Warm clothes
- Sleepwear
- Toiletries
- Cell phone and charger
- Laptop?

- Breakfast food
- Lunch food
- Hot drink / cold drink supplies
- Dinners....group or BYO?

- Positive attitude
- Sense of humour
- Refreshed and ready to go!!