

**RAF TRIATHLON TRAINING WEEKEND – EQUIPMENT LIST**

**Bike**

- Bike
- Pump
- Tools & inner tubes
- Bike shoes & over shoes
- Shorts & tights
- Cycling Top
- Arm & leg warmers
- Gilet
- Waterproof Rain jacket
- Helmet
- Sunglasses
- Gloves

**Run**

- Training shoes
- Shorts & Tights
- Warm top
- Gloves & Hat
- Waterproof jacket

**Swim**

- Trunks / Costume
- Goggles & Hat
- Pull buoy
- Kick board
- Paddles
- Fins
- Towel

**Miscellaneous**

- Drinks Bottle
- Fluid replacement
- Tracksuit
- Pen & paper
- Gym Kit
- Towel

The items listed above are suggestions and the list is by no means exhaustive, or necessarily essential. Do not worry if you do not have everything, you may be able to borrow some equipment.