



## TriLaVie® Triathlon Equipment List

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It can seem overwhelming to get all the equipment you need for triathlon training. Beware the triathlon enthusiasts who tell you to get the latest and greatest. That will come in time!! As beginners, stick to the basics and consult the coaches if you have questions. Use the shops we recommend for their discounts and their integrity. Be a GOOD CONSUMER. Research, ask questions, comparison shop, and don't buy what you don't understand.

Your teammates are your best resource. Ask around and use the team forums for used equipment and to ask advice. We usually share when we score a good deal.

***My motto: Borrow when you can, buy when you're ready!***

Here's what you'll need each and every training session:

1. **WATCH or TIME PIECE –MANDATORY! –water resistant and digital**
2. **COMFORTABLE, ATHLETIC CLOTHING**
3. **WATER AND TRAINING FUEL (powders, gels, gu, etc)**
4. **JOURNAL/NOTEBOOK/ONLINE APP –to document your amazing progress**

### SWIM:

- Swim Suit (any style that covers your private parts)
- Swim Cap (you'll get one from TriLaVie)
- Goggles (Fit is imperative. Try them on in the store and be sure they suction without the strap)
- Pull Buoy for swimming (foam piece to eliminate kicking, about \$10, but we have some to share)
- Wetsuit (open water swim only, early registrants can borrow from Martha's Fleet)

### BIKE:

- Bike (any bike in decent condition with gears- doesn't have to be fancy!)
- Bike helmet- MANDATORY
- Bike-specific water bottle mounted securely on the bike
- Bike bag to carry equipment (small bag strapped onto the bike)
- Tire tube and pump or cartridge to change a flat (we'll learn how to do this!)
- Cycling Gloves (optional, but highly recommended)
- Sunglasses

### RUN:

- Good pair of running shoes and socks, please get fitted at a specialty shop.

### OPTIONAL ITEMS:

- Triathlon Shorts with padding for protection and comfort (highly recommended)
- Bike jersey with back pockets
- Cycling specific shoes with clips
- Heart rate monitor and/or Garmin GPS watch