

TRIATHLON KIT CHECKLIST

FOR NEW JOINERS

Getting kitted out

Below is a list of equipment for your triathlon journey, split into Essential, Desirable and Optional. It isn't exhaustive, but it will help with your preparation and training.

Pictures are for reference only — other brands are available.

Tick off each item as you gather your kit.

ESSENTIAL

Non-negotiable kit to start training on day one



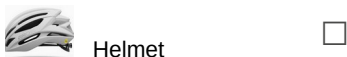
Swim Wetsuit

☐


Goggles

☐

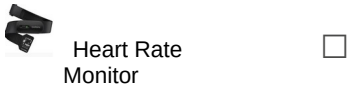

Road Bike

☐


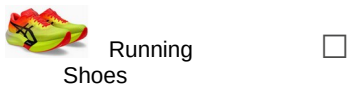
Helmet

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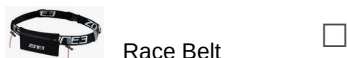

Smart Watch
(Garmin /
Coros)

☐


Heart Rate
Monitor

☐


Running
Shoes

☐


Race Belt

☐

DESIRABLE

Worth adding as your training load builds



Swim Hat

☐


Tow Buoy

☐


Kick Board

☐


Swim Fins

☐


Pull Buoy

☐


Smart Trainer

☐


Or Smart Bike

☐


Tri Suit

☐


Gait
Analysis

☐


Bike Fit

☐

OPTIONAL

Nice-to-haves for later in your journey



Swim Snorkel

☐


Tri-Bike

☐


Bike
Computer

☐