

Kit and transition

ICAN Triathlon Gandia

Your personal packing list, grouped by race stage.



Entry and documents

- ☐ Entry confirmation and my chosen format
- ☐ ID required by the current athlete guide
- ☐ Bib and organiser-supplied timing equipment

Swim

- ☐ Goggles
- ☐ Cap required or supplied by the organiser
- ☐ Race clothing
- ☐ Wetsuit, if allowed or required for my start (optional)
- ☐ Small towel, if I use one (optional)

After the race

- ☐ Bag, keys and dry clothing
- ☐ My equipment-collection requirements checked
- ☐ Agreed meeting point and contact

Bike

- ☐ Bike checked before travel
- ☐ Helmet and working fastening
- ☐ Bike shoes, if I use them (optional)
- ☐ My usual bottles and planned contents
- ☐ Repair kit I know how to use, if carried (optional)

Run and transition

- ☐ Running shoes
- ☐ Socks, if I use them (optional)
- ☐ Bib fastening I normally use
- ☐ My own place in transition identified
- ☐ Mount and dismount instructions checked

This is a personal packing list. Optional choices are not race rules; check equipment and facilities in the current athlete guide.

02 / YOUR REFERENCE CARD

Make the kit yours.

ICAN Triathlon Gandia

Published references are separate from your personal planning spaces.



My entered format / wave

The required ID I will bring

My wetsuit decision after confirmation

My extra kit

Block Friday 16 October for mandatory bib collection and equipment check-in.

Copy the wave attached to your distance, sex and age group; 08:00 is the PRO wave, not everyone's start.

Keep a note of the actual Full/Half/Short distances and the access segments shown on the map.

Confirm your chip arrangement and licence status with your registration record.

Agree a post-finish meeting point; the transition car park is a race venue, not a promised visitor parking space.

No drafting in all distances; clip-on extensions are permitted by the current organiser information.

Saturday bib collection and equipment check-in are exceptions requiring technical-delegate authorisation, not a normal arrival option.

Closed: the entry deadline was 28 September at 23:59; the federation reported a full event on 30 September.

WHAT STILL NEEDS A CHECK

- The current course viewer includes an older run-layer name ending 2023. Exact start/transition pins and a certified 2026 GPX are not supplied here.

YOUR OFFICIAL SOURCE

Official event site: final athlete instructions and updates

www.icantriathlon.com/

