

Kit and transition

A practical packing list, grouped by race stage. Tick each item as you pack.



Entry and documents

- ☐ One of the accepted ID documents
- ☐ Entry confirmation and my selected distance
- ☐ Race number and any organiser-supplied timing equipment

Swim

- ☐ Goggles
- ☐ Cap as instructed by the organiser
- ☐ My race clothing
- ☐ Wetsuit, if applicable under race instructions (optional)
- ☐ Small towel, if I use one (optional)

After the race

- ☐ Bib ready to show visibly for material collection
- ☐ Dry clothes and my usual personal essentials
- ☐ Keys and bag accounted for
- ☐ Equipment collection condition checked

Bike

- ☐ Bike checked before travel
- ☐ Approved rigid helmet with a working fastening
- ☐ Bike shoes, if part of my setup (optional)
- ☐ My usual bottles and planned contents
- ☐ Familiar repair kit, if I carry one (optional)
- ☐ Pump for my pre-race check, if needed (optional)

Run and transition

- ☐ Running shoes
- ☐ Socks, if I use them (optional)
- ☐ Race number fastening I normally use
- ☐ My rack location identified at the venue
- ☐ Mounting and dismounting instructions checked

Pack for after the finish

Toilets and bag drop are listed. Showers and changing rooms are not provided: plan a suitable place to change.

02 / YOUR PREPARATION CARD

Make the kit yours.

Personal choices below. Published details in the reference notes.



My published start group

The accepted ID I will bring

My wetsuit decision

My extra kit

- For collection, the sheets list DNI, federation licence, passport or driving licence as ID alternatives.
- The race sheets require an approved rigid helmet, fastened whenever you are in contact with the bike.
- Equipment collection starts only after all sprint athletes have completed cycling and left T2; the window ends 30 minutes after the last finisher.
- Keep your bib visible when entering or leaving transition to collect equipment.

This is a personal preparation list. The race-specific requirements shown above come from the official sheets.

Confirm the wetsuit decision and any supplied timing equipment with the organiser; do not treat an unchecked optional item as a race rule.

Keep the official documents close

FATRI: 2026 Olympic and sprint V2 sheets, plus current bike and run maps. Scan or tap for the source documents.

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