

The Titan checklist

Swim		Bike		Run		Other	
Wetsuit		Bike		Run shoes		ID Welsh tri	
Goggles		Helmet		sun visor		Banana	
Lube		Sunglasses		Socks		Track pump	
Tri top and shorts		Bike shoes		Gels/sweets		Allen keys, etc	
Number belt		Inner tubes		Salt sticks		Safety pins	
Swim cap		Water Bottles				change of clothes	
Heart rate monitor		Cycling jersey				Towel	
Garmin		Jacket				Cash	
Timing chip		Gels				Toilet roll	
Arm warmers		elastic bands				Breakfast	
		Salt sticks					
		Ibuprofen					
		Nutrition					
		Suncream					