



What do I need to pack for a triathlon?

WETSUIT

We strongly recommend you wear a wetsuit as it will keep you warm in the open water and aid buoyancy while swimming.

Buying online without trying on can sometimes be a very costly mistake. Always ask a professional for advice. You can buy, hire for a single event, or season hire. If you are purchasing, it is essential to try it on in the water before you purchase to make sure you have the correct fit and levels of buoyancy. We will also have a fleet of Zone 3 wetsuits available for hire on event day if you do not wish to purchase one for your first open water triathlon. There will also be an acclimatisation swim the day before the event where you can get a suit fitted and try it in the water before the main event.

Season hire is great if you are new to open water swimming and unsure if you will get enough use out of it. If you are happy with it at the end of the season, you keep it. If you aren't, you can return it. Many triathlon specialists make this option available.

Wetsuit hire for the Minehead Triathlon costs £20. 50% of this hire charge is donated to the RNLI. We will have a stand at the event where you can collect and return the wetsuit. **Wetsuits must be reserved in advance by phone 01643 708715 or by e mail events@channelgroup.co.uk .**

TRI SUIT

A triathlon suit is a key piece of triathlon gear. Specifically designed for the sport, the tri suit is made from thin, breathable material with a second-skin feel to prevent chafing and to stay comfortable throughout all three disciplines. By wearing a tri suit you won't need to get changed, meaning your transition times will be vastly improved and it will save a lot of hassle!

Tri suits are made with a built-in chamois pad to protect you on the ride, but this will be somewhat smaller than on cycling shorts so that it does not inhibit you on the run. You can wear your trisuit under the wetsuit for the swim. If the water temperatures are above 14 degrees, you can just wear your trisuit to swim in.

GOGGLES

Goggles will be a must for the swim, especially in open water. Higher spec goggles will not only protect your eyes from the water but will also prevent glare and UV damage from the sun.

SWIM CAP

Wearing a swim cap will stop your hair getting too wet during the swim which would then irritate you during the ride and run. It also keeps your hair out of your face while you are racing! The swim hat can be ditched as soon as the swim is over. Your wave colour coded swim hat will be given to you as part of your entry pack.

BIKE

Depending on your level of experience and your intentions for future races, your bike can vary a lot. If you are new to triathlon and just plan to compete casually at a few sprint distance events, you will be able to race with a normal road bike. However, if you plan on doing a lot of longer triathlons - and even Ironman events - you will want to invest in a higher spec bikes. Choose your bike wisely and keep it in line with your goals.

HELMET

You will not be allowed to race in any British Triathlon event without a bike helmet. Again, your level of investment depends on your level of commitment to the sport. Some helmets at the higher end of the range will be more aerodynamic and some proper racing helmets can set you back up to £500.

TRAINERS

Triathlon-specific trainers have bike clips and quick fastening laces, but they're not essential for a beginner. A solid pair of running trainers are just fine. We suggest you get used to them on a few runs prior to wearing them for the event.

TRANSITION TOWEL

Having a brightly coloured or easily noticeable towel will help you find your station in transition more quickly after the swim. Most triathletes stand on their towel whilst they quickly transition to the bike.

WATER

Water should be handed out by marshals throughout the race course, but it's always best to have your own in case you need extra. You can keep a bottle at the transition to top yourself up before the next leg of the race.