

## Aquathlon checklist

before the race

- **how to get to the event**
- **registration time**
- **time to set up**
- **time to warm up**
- **shoes / clothes for warm up**

for the race

- **swim suit**
- **goggles**
- **trainers [running shoes]**
- **t-shirt** [you can use a one piece swim suit / triathlon suit instead]
- **swim cap** [usually given to you at race registration]
- **safety pins** [available at race registration]
- **race number** [given to you at race registration]

after the race

- **towel**
- **warm clothes**
- **a cool drink**

A simple tick list to remind yourself about the things you need for competing in an aquathlon. You could print this list and then tick items as you put them into a bag for race day.