

# XTERRA TRIATHLON

## MANDATORY GEAR CHECKLIST



All competitors must carry the following mandatory gear at all times during race day. **No mandatory gear = no start!**

- Base Torso Layer** – A technical t-shirt made of quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.  
*Macpac Men's Option: Macpac Women's Option:*
- Thermal Torso Layer** – A long sleeved top made from a warm quick-drying fabric such as wool or polypropylene. Cotton, Coolmax, Lycra and compression garments are not recommended.  
*Macpac Men's Option: Macpac Women's Option:*
- Waterproof Jacket** – Seam sealed with a minimum of 10,000mm waterproofing  
*Macpac Men's Option: Macpac Women's Option:*
- Warm Hat** – Only compulsory if your jacket has no hood.  
*Macpac Option:*
- Personal First Aid Kit:** including bandages, plasters, tape, gauze, whistle and survival blanket. We also recommend carrying pain relief medication (e.g. Panadol) for headaches and electrolyte replacement powder (e.g. Gastrolyte) for cramps, along with other medications you might need (e.g. prescription or hay fever medication)  
*Macpac Recommended Whistle  
Macpac Recommended Survival Bag*
- Swim Cap** – this is to be provided by the Race Organisers at your registration, we also recommend bringing your own cap.
- Bike Tool Kit:** Must contain two spare tubes, a bike pump, a multi-tool, tyre levers, patch kit and a chain breaker (that you know how to use). A speed link/spare chain link is also useful.

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## RECOMMENDED GEAR

The following items are recommended but not mandatory:

- Padded cycle shorts – recommended for added comfort
- Warm tights – we recommend wool or polypropylene tights  
*Macpac Option*
- Full fingered gloves  
*Macpac Option*
- Triathlon wetsuit