



# ULTIMATE TRIATHLON GEAR GUIDE: FROM SPRINT TO IRONMAN 140.6

A practical Guide to What You Really Need for Training and Race Day

## Training vs. Race Key

- ★ Essential = Must haves
- T = Training
- R = Race Day
- B = Both

## Distance Key

- S = Sprint
- O = Olympic
- H = Half Ironman (70.3)
- F = Full Ironman (140.6)
- A = All distances

## SWIM GEAR

- Swimsuit ★B (All Distances)
- Goggles ★ B (All Distances)
- Swim Cap ★ B (All Distances)
- Swim Fins (short/long) T
- Kickboard T
- Pull Buoy T
- Swim Paddles T
- Swim Snorkel T
- Wetsuit ★R\*
- Swim Buoy (for open water swimming) T (some races may allow)
- Ear/Nose Plugs T
- Watch ★B (All Distances)
- Swim Lap Counter T

\*Race and Open-water training where legal/temp appropriate

## BIKE GEAR

- Bike ★B (All Distances)
- Helmet ★B (All Distances)
- Cycling Shoes Optional/Helpful (O/H/F)
- Socks (Athlete preference)
- Bike Shorts/Jersey B
- Sunglasses B
- Bike Gloves B
- Water bottle/Cage ★B (All Distances)
- Hydration System B (O/H/F)
- Aerobars Optional/Helpful (O/H/F)
- Flat Repair Kit\* ★B**
- Bike Computer/Power Meter  
Optional/Helpful (O/H/F)
- Bike Trainer T
- Bike Rack Optional
- Bike Cleaning Supplies B
- Bike Headlight/Rear/Tail Light B
- Bike Pump ★



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## RUN GEAR

- Running Shoes ★B (All Distances)
- Moisture wicking socks B
- Running Shorts/Leggings B
- Breathable Shirt/TankTop B
- Running Jacket B (Weather Based)
- Hat/Visor/Beanie B
- Sunglasses B
- Race Belt ★R
- Headlamp T (and honestly great for racing too)
- Reflective Vest T
- Hot/Cold Arm Sleeves Optional
- Water Bottle ★B
- Treadmill T
- GPS Watch B

## MENTAL ENDURANCE GEAR

- Training Log/Planner
- Journal/Composition Book
- Books/Podcasts on Mental Endurance

Mental Endurance - Honestly? Every single on is a B (All Distances)  
It's essential during training to help us in racing.

## NUTRITION GEAR

- Hydration System B
- Carbohydrate/Hydration Mixes B  
Energy Gels/Chews (O/H/F more critical)
- Electrolyte Replacement B
- Post Workout Recovery B
- Salt Supplements B (O/H/F primarily)
- Vitamin/BCAA Supplements\*

\*Optional and under Medical advisement

## STRENGTH & MOBILITY GEAR

- Dumbbells/Kettlebells/Free Weights T
- Workout bench T
- Resistance Bands T
- Pylo/Jump Box T
- Medicine Ball T
- Stability Ball/Bosu©Ball T
- Foam Roller ★ Recovery Matters!
- Yoga Mat/Blocks T



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## MISCELLANEOUS

- Heart Rate Monitor
- Identity/Medical Bracelet ★
- Sweat Bands
- TriKit Apparel
- Sunscreen ★
- Anti-Chaffe Lotion ★
- Anti-Fog Spray
- Bike Cleaning Supplies
- Acupressure Mat
- Massage Gun
- Epsom Salt
- Clipboard
- Organizer/Planner/Calendar
- Triathlon Transition Bag
- First Aid Kit ★
- Bone Conduction Headphones
- Cold Plunge/Sauna
- Gym Membership
- Air Tags
- Flashlight

### \*Bike Flat Repair Kit Essentials: ★

- CO2 Cartridges
- Spare Tire
- Spare Tube
- Tire Levers
- Valve Stem Extension
- Patch Kit/Dollar Bill/Stick of Gum
- Gloves
- Tweezers
- Wrench Set/Tools

### COACH'S NOTE:

You don't need everything from the miscellaneous section.

These items can make training life easier, comfier, and a little more fun, but some of these are not required to become a triathlete.

Choose what helps you, skip what doesn't.

*Coach Hilary*



Triathlon isn't just about having the right gear.

It's about commitment, curiosity, resilience, and respect for the work it takes to grow.

Use this guide to stay prepared and intentional, add what serves you, and let experience teach you the rest. Whether you're training for your very first finish line or your fastest one yet, keep showing up, keep learning, and keep respecting the distance.

You're exactly where you need to be!

~ Coach Hilary

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