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Names >>> ADD YOUR NAME AND PUT COMMENTS

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	Amount	Wearing at start / on transition	Requires preparation	In transition bag [optional kit & emergency]	Not compulsory but highly recommend	Nice to have but not compulsory	Compulsory per sport	Compulsory at all time	Leave in car	Note
Pre-SWIM [can leave in Transition Bag 3, sometimes called "DAY BAG]										
	1						**x**		Anti-chaffing	Apply generously on upper back, under arms
	1						**x**		Suncream	On face and arms (and rest if not wearing wetsuit)
										Watch with GPS tracking (note: GPX can be shared AFTER, so not everyone needs to track the race)
	10						**x**		Immodium	after going to the loo, take 2
									Malto	for 4 days before, 2 bottles per day (half bottle with malto, other half with water)
SWIM										
NA									**Clothes**	
	1	At start					x		Wetsuit	
	1	At start					x	x	Trifunction	
	1					x			Neoprene swim cap	If cold weather, put under race cap
	1	At start					x		Silicon swim cap	If average cold weather, put under race cap [always have an extra cap]
			x						Race swim cap	Given in race pack the day before, stick number on it if not done
	1	At start			x				Earplugs in silicon	
	1	At start					x		Goggles	
									Food	
	1	At start							Gel	
	2	At start	x						Electrolyte drink	
									Other	
									Toilet paper	To go to the loo before start
Transition 1 Bag: SWIM - BIKE										
									Clothes	
									Towel	
	1	At start					x	x	Trifunction	Keep the one started swim with (some people change the top to avoid stomach aches, but keep in mind: NUDITY IS FORBIDDEN (i.e. you cannot change if you're a woman; cannot change bottom if you're a man)
	1	In Transition Bag 1					x		Cycling socks	
	1					x			Waterproof socks	If very cold weather
	1					x			Overshoe	If very cold weather
	1	In Transition Bag 1					x		Cycling shoes	
	1	In Transition Bag 1					x		Sun glasses	
						x			Mist glasses	If bad weather
		In Transition Bag 1					x		Helmet	
		In Transition Bag 1				x			Cycling gloves	
		In Transition Bag 1	x				x		Triathlon belt	to put race bib number; with bib already attached
							x		Suncream	Put suncream as soon as slighly dry
									buff (equivalent of scarf)	
									Other - in extra small pouch on bike	
	5						x		Gels	1 every hour [alternate with barrs, in total, eat every 30mins]; in pouch or trisuit pocket
	5						x		Energy / Protein bars	1 every hour [alternate with gels, in total, eat every 30mins]
	1						x		Bottle water	Drink every 20mins, can also use to keep fresh
	1						x		Bottle electrolytes	Drink every 20mins, better than water
	1						x		Emergency repair kit pouch	
	1						x		Mini pump	
	2						x		inner tynes tube	
	2						x		Gaz bombonne	
	3						x		Pikes to change tynes	
	1								Foot pump	Not compuslory
	1								Front light	Only if risk of being dark/ misty
	1								Back light	Only if risk of being dark/ misty
									Other - emergency mini pharmacy	
							x		Nurofen	
							x		Immodium	
							x		Cold gel	If starts hurting somewhere
									Compeed	
			x						Rock tape	Cut, if start hurting on knees / achiles
									Suncream	
Transition 2 Bag: BIKE - RUN										
									Clothes	
							x		Running shoes with elastic laces	
							x		Running socks (spandex or other, a	I keep my cycling socks usually, but they are wet
					x				Running short	Only for emergency, not supposed to change, but in case needed (too much chaffing, accident,...)
					x				Bra	Only for emergency, not supposed to change, but in case needed (too much chaffing, accident,...)
					x				Running the-shirt	Only for emergency, not supposed to change, but in case needed (too much chaffing, accident,...)
									Cap	
									Sunglasses	I keep my cycling glasses
									Food	
									Gels	
									Barrs	
									Pharmacy - emergency	
									Arnica	
									Cisors	
									Immodium	
									Nurofen express	
									Band aid: small cut	
									Tirilas: large cuts	
									Kinesiology tape: for muscles	
									Microporous tape: deep cuts to keep skin together	
									Wound cleansing wipes: clean cuts	
									Sterilizing solution	
									Stretch bandage: maintain	
									Sewing kit	
									Allergy tablets	
									Emergency burn gel	
									Voltarene	
									Compeed	
									Nail File	
									Mosquito repellent	
									Suntan lotion	
									Post-race	
									Cicaflate: for cicatrisation	
									Alimentation	
									Oat bars (1 per person per hour)	
									Gels (1 per person per hour - as we are not running)	
									Energy powder (to mix with your drink)	
									Salt / Electrolytes (in capsules, to avoid cramps)	
									Maltodextrin (pre race: I'm drinking it)	

Le matin, tu bouffes à mort Moi je m'envoie un gros plat de pâtes préparées la veille, d'autres prennent du porridge, etc. Plus une gourde de malto / boisson iso pour l'attente pre- course.

1 gel avant le départ de la nat, surtout pour que l'estomac continue à travailler pendant la nage.

Sur le velo tu prépares 2 gourdes de boisson iso / carbohydrate. Au premier ravito tu balances la première bouteille vide ou quasi, et hop tu demandes une bouteille d'energerique. Et tu alternes une gorgée de l'une toutes les 12 min, puis une de l'autre 12 min plus tard.

Tu bois toutes les 12 min. Petite gorgée. Ou toutes les 10/15, mais tu laisses pas plus de 15 et tu t'y tiens. Moi ma montre sonnait toutes les 12 min.

1 gel à la sortie de l'eau.
1 gorgée de gourde

30 min de velo: 1 barre
1h: 1 gel
1h30: 1 barre
2h: 1 gel
2h30: 1 barre
3h: 1 gel
3h30: 1 barre
4h: 1 gel
4h30: 1 barre

Transition velo - course: tu prends un truc tranquille, tu bois. Et après c'est 1 gel par 30 min. Tu marches tous les ravitos, 1 verre d'eau sur la tronche, 1 gorgée d'eau pour toi, 1 gorgée d'energetique si tu veux. Et boum.

Si tu veux tu colles une banane dans ton sac que tu déposes pour la transition velo - course.

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