



**All participants will need the following supplies on race day:**

**Swim:**

- Swim suit
- Goggles (optional)
- Towel
- Life jacket (if non-swimmer)

**Bike:**

- Bicycle (no training wheels allowed)
- Water bottle (optional)
- Shoes
- Clothing (optional-participants do not have to change out of their swim suit)

**Run:**

- Shoes
- Socks

To help all participants have a fun and successful race, we encourage parents and kids to gather equipment the night before the race. Practicing transitioning between each stage of the race is also a benefit.