

# SISU Racing Training Camp 2018



Train Smarter, Race Faster



Kit List	Packed	Quantity
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## Swim

## Essential

Swim kit, trunks/suit

Goggles

Pull buoy

Towel for poolside

## Recommended/optional

Wetsuit

Swim Snorkel

Swim fins

## Bike

## Essential

Helmet (compulsory)

Bike shorts

Bike Top

Bike Socks

Bike Shoe

Spare tubes, leavers and tyres

Drinks bottles

## Recommended/optional

Bike computer

Arm warmers

Rain jacket

Race bike

Pedals and computer mount

## Run

## Essential

Run shorts

Run Top



Run Shoes		
Run Watch/HR (& Strap)		
Cap / race visor		
Trisuit		

### Nutrition

Gels		
Bars		
Protein mix		

### Miscellaneous

Casual Swim shorts / swim suit		
Books, iPad etc		
Warm top		
Daypack / swim bag		
Sunglasses		
Sunscreen		
Travel insurance documentation		
Power adapter,		
Credit cards and or cash		
Foam Roller		



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[www.sisuracing.co.uk](http://www.sisuracing.co.uk)