

	Need	Better to have	Want (nice to have)	Luxury
For all segment (Training or recovery)	☐ Sunscreen ☐ RoadID/ emergency info ☐ Water Bottle ☐ Fuel ☐ Hydration	☐ Watch (like timex or anything you can record/check time for split) ☐ Foam Roller	☐ Yoga/Workout  Mat ☐ Heart rate  monitor	
Swim training	□ Swimsuit □ Goggles □ Swim cap	☐ Flip flops ☐ Towel	<ul> <li>□ Wetsuit</li> <li>□ Body glide</li> <li>□ Earplugs/         noseplug         (could be         needed         depending on         individuals)</li> <li>□ Open water         swim buoy</li> </ul>	☐ Kickboard* ☐ Pull buoy * ☐ Paddles ☐ Snorkel ☐ Fins ** ☐ Tempo trainer
Bike training	☐ Helmet ☐ Bicycle ☐ Protective eyewear (could be sunglasses) ☐ Water bottles ☐ Pump ☐ Flat kit ☐ Bike shorts ☐ Chain lube	☐ Bike jersey ☐ Clipless pedals ☐ Bike (or TT) shoes+cleats ☐ Anti chafe cream (can be Body glide) ☐ Food storage (bento box) ☐ Tools (e.g., hex wrenches)	☐ Aero bars ☐ Gloves ☐ Cadence     monitor ☐ Bike     computer	☐ Trainer ☐ Cold weather gear (arm and/or leg warmers, cycling jacket, etc.) ☐ More tools (e.g., pedal wrench, cog brushes) ☐ Power meter
Run training	☐ Running shoes ☐ Shirt ☐ Shorts ☐ Socks ☐ Handheld water bottle	☐ Sun glasses ☐ Hat/visor ☐ Speed laces	☐ Fuel belt	☐ GPS watch

Tri (race day) ☐ Tri top and bottom or ☐ Tri suits	☐ Race belt	<ul><li>☐ Transition bag</li><li>☐ Transition towel</li></ul>	<ul><li>☐ Multisport</li><li>GPS watch</li><li>☐ Aero helmet</li><li>☐ Swim skin</li></ul>
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## Race day basics (forJuly race):

- Tri Shorts
- Tri Top (+ sports bra)
- bicycle
- googles
- helmet
- eyewear
- running shoes
- bike shoes
- socks
- water bottle
- flat kit
- a bag to put staff in transition
- towel
- sunblock
- watch and
- nutrition (gel, etc.)

**DC Tri Club Merchant Partners with Gear discounts:** (2023 partnership agreements are in the process of being renewed. So current discount below might change at some point.)

Trek Bicycle (10%)

Bicycle Pro Shop (15% rebate) when you purchase a bike to be used for in store accessories

Potomac River Running (10%)

Fleet Feet Gaithersburg (10%)

Cutaway (20%) - bike clothing

Rudy Project (35%), xx2i Optics (35%) - bike helmets and sports eyewear

Zone3 (30%) - wetsuits and triathlon clothing

Xterra Wetsuits (special price) - wetsuits

Swim Outlet (no discount, but club earn gift certificates for club events raffles if you use <a href="http://www.swimoutlet.com/dctmasters">http://www.swimoutlet.com/dctmasters</a> to purchase) - swim gear and triathlon clothing

For wetsuit rental (not a DC Tri Club merchant partner)
Transition Tri in Leesburg, VA <a href="https://transitiontri.com/rentals-1/">https://transitiontri.com/rentals-1/</a>

<sup>\*</sup>Public pools usually have

<sup>\*\*</sup> Some public pools sometimes have