



6 MARCH
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MIDMAR DAM
www.midlandsupltra.com

"Challenge Yourself to be Great"



WHAT TO PACK FOR YOUR MIDLANDS ULTRA TRIATHLON:

Swim

- Tri suit or clothing to race in
- Wristwatch
- Race Belt for your race number
- Goggles + backup pair
- Swim cap (provided) + backup cap
- Wet suit (optional)
- Timing chip neoprene band

Biking

- Bicycle
- Bike helmet
- Bike shoes
- Bike pump
- Spare tyre kit
- Water bottles x 2 (90km)
- Bars / Gels
- Socks
- Sunglasses
- Bike gloves (optional)

Running

- Running Shoes
- Race belt with number attached

Transition Area

- Towel
- Gel / Bars / Other nutrition
- Extra water bottle
- Sunscreen
- Bike tools
- Vaseline for chaff (optional)
- Anti-fog for goggles (optional)
- Large bag for wet gear