



Core Apparel for Triathlon

REQUIRED		OPTIONAL	
<u>Tops</u> <ul style="list-style-type: none"> • Bra • Singlet • Jersey • Shirt • Bathing suit • Jacket • Arm Warmers 	<u>Bottoms</u> <ul style="list-style-type: none"> • Shorts • Tri shorts • Bike shorts • Bathing suit • Leg warmers • Pants • Underwear (um...NO!) 	<u>Socks</u> <ul style="list-style-type: none"> • Seamed • Seamless • Material blend • Thick or thin • Short or long • Compression 	<u>Head Covering</u> <ul style="list-style-type: none"> • Hats • Bandanas • Sweat bands

What to Look For

1. Fabric
2. Seams
3. Cut
4. Fit
5. Color

Price: \$ vs \$\$\$\$

- Technical fabrics make a difference.
- Find a brand that works for you and your budget.
- You do get what you pay for. But how much do you really “need”?

Final Thoughts

1. Comfort is #1 priority.
2. Apparel must fit and work for you.
3. Apparel can be “event-specific” (weather, conditions, etc.).
4. Less can be more. Wardrobe changes are not always necessary. BUT remember point #1 above.