



**Core Apparel for Triathlon**

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

**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.

