

To view this email as a web page, go [here](#).



Hi Sophie,

Hopefully your training has been going well and you are on track for those big weeks you have coming up on your training plan.

As race day approaches, we wanted to make sure you know what mandatory gear you and your pacers are expected to have with you when you complete Athlete Check-In in February. It also means that if you are missing anything, you can add it to your Christmas wish list!

Mandatory gear:

- Headlamp (make sure the batteries are new and you have spares)
- Base layer top (long sleeve & wool or polypropylene)
- Base layer pants (long & wool or polypropylene)
- Thermal hat (Buff accepted)
- Waterproof jacket (seam-sealed and hooded)
- Thermal gloves
- Survival bag (not a survival blanket - these are available at most camping/outdoor stores)
- 2m of self-adhesive bandage
- Mobile phone & portable battery pack (best to have these in a waterproof container)

In addition to the must-haves, we recommend you also bring:

- A drinking cup or bottle, as it is a cupless race
- Your own specific on-course nutrition requirements

Please ensure you have all the items above with you when you come to Athlete Check-In – if you don't have the right gear or it fails the inspection, you will need to purchase new gear before you can race.

Happy running!  
Tim Day, Race Director



This email was sent to [sophie.lysaght@ironman.com](mailto:sophie.lysaght@ironman.com) by World Triathlon Corporation (d/b/a IRONMAN)  
Level 1, 401 Tamaki Drive, St. Heliers, Auckland 1071, New Zealand, or one of its subsidiaries

You are receiving this email because either: you are currently registered for an event owned or operated by IRONMAN or its subsidiaries and this email contains information relevant to your race experience with us; you previously registered for an event owned or operated by IRONMAN or its subsidiaries (or, if you are not a registrant, you signed up through one of our websites) and requested to receive future IRONMAN-related emails and newsletters; or, if this email is a marketing message, you have elected to receive such information or offers from IRONMAN or its subsidiaries.

**We only want to send you emails that you are interested in and want to read**, so if you wish to change your preferences or to opt-out from any future mailings, you can [manage your subscription preferences](#) or [unsubscribe](#).

