

Packing logistics for the Quad can be surprisingly complex! Please follow these guidelines and arrive with all the correct kit, in the optimal number of bags, so that you can breeze through the check-in process and get to the pasta party with the minimum of fuss.

Registration check-in is divided into three stages:

1. Check-in: arrival
2. Navigation test and compulsory kit check
3. Check-in: final collections

Please ensure you arrive at the registration check-in marquee with EVERY item on the compulsory kit list clearly divided into the four discipline groups as follows:

A) Swim kit

B) Mountain kit

*As your Mountain Kit Bag is sealed and handed over to event staff at the kit check you will also need to **bring all non-compulsory items you wish to include in this kit bag** to the check. Eg towel, shoes, underwear, deodorant, mobile, food etc. Think about the impact of not seeing this kit from, say, 6pm on Friday until Saturday morning after your swim - for example, do you need an extra phone to make calls on Friday night or set alarms for Saturday morning? Do you have a jacket or enough additional layers for Friday night?*

C) Kayak kit

D) Bike kit (the bike itself does not need to be checked)

To save everyone time, ensure that all the items are easily accessible for the check rather than beautifully packed for the event at this stage!

1. Check-in: Arrival

- a) On entering the first marquee, identify your participant number on the name list and collect the following:
 - Your Participant Registration Sheet (PRS) which lists everything you need to collect
 - Your participant number and safety pins
 - 3x large clear plastic kit bags
 - 3x sets of ID numbers for kit bags
 - 3x re-sealable cable ties for kit bags
- b) Label your kit bags with your participant number plus discipline ie 277 Mountain / 277 Kayak / 277 Bike. This is a precaution in case your ID number is lost or can't be seen. Permanent markers are available.
- c) Complete the compulsory emergency medical information on the reverse of your participant number. Pens are provided.
- d) Pin your participant number on to whatever suits best for the mountain section now, to save yourself time post swim eg rucksack. It needs to be visible at all times during the event (apart from the swim!).

e) Put the following in your mountain kit bag at this point:

- Non-compulsory swim finish/mountain kit
- ID number

Your Mountain Kit Bag is now ready and waiting for your compulsory kit to be added. This will save you time when you need to pack your rucksack, seal the kit bag and hand it over to staff after your kit check.

f) Please do NOT pack your bike or kayak kit bags until you have completed registration check-in. There is not enough room in the check-in marquees.

g) You are now ready to take all your kit through to the second marquee.

2. Navigation Test and Kit Check

a) In the second marquee you will have ALL your compulsory kit checked and you will need to pass your navigation test. The order does not matter, choose whichever area is free first.

b) On completion of the kit check, seal and hand over your Mountain Kit Bag to kit check staff. Make sure that your water bottle/platypus is well sealed and will not leak overnight.

c) Carry the rest of your compulsory kit with you to pack once you have finished check-in.

d) Ensure the reverse of your PRS form is signed off once you have 'passed' both checks. You cannot proceed until both your navigation test and kit check have been completed.

3. Check-in: final collections

a) Enter the final phase of check-in and collect the following:

- SPORTident electronic timing wristband
- Swim cap, colour coded to start time
- Bike number plus cable ties
- Goody bag and t-shirt

Once you have completed registration check-in, please leave the marquees and pack your remaining kit bags as follows:

1. Pack and seal your Kayak Kit Bag by 22.00 and put it in the WildFox Van parked outside the registration check-in marquees.
2. Pack and seal your Bike Kit Bag at your leisure and leave it under your bike on the bike rack on Friday evening or Saturday morning.
3. You can leave your bike on the bike rack at whatever time suits you. Bikes are left at your own risk. The bike rack area is not locked but there is security onsite. Bring locks if you are concerned and ensure you have access to the key on the day.
4. Remember to make your ID number obvious in each kit bag so we can lay the bags out in numerical order for you to find quickly at the transition points and the finish.
5. Remember to reseal your kit bags with the cable tie once you have used it during the event. This avoids your kit spilling out and getting lost on the return to the event hub!