

# School of Adventure Studies

## Paddlesport Kit List

SOAS course activities are run mostly during the colder months of the year – September to April – so good quality clothing is important! The following recommendations have been compiled based on years of experience.

**IMPORTANT NOTE! Cotton materials perform very badly in poor weather, so look for current outdoor brands – synthetic or wool materials recommended.**

All essential personal protective equipment is provided when required, such as climbing equipment, harness and helmet, as well as some basic personal equipment for mountain biking, canoeing and kayaking. All of these items are also available to borrow from the college kit store for personal practice. However, many students find that using their own kit is beneficial in terms of personal performance and the ability to practice their skills independently.

If you do not currently own all or any of the equipment below it may be better to wait until the course induction when advice on equipment use, maintenance and purchase can be given.

By shopping around you may find good prices available – don't forget to check the School of Adventure Studies offer on Cotswold stock. Discounts are available to students in local outdoor shops, and students may be able to arrange larger discounts by making bulk orders.

### Provided at College

#### As a Group Participant:

• Water sports Helmet
• Dry Bags
• Paddlesports Cag

• Wetsuit
• Buoyancy Aid

### Not Provided at College

#### As a Group Participant:

• Swimming costume
• Wet Shoes/Sturdy Trainers
• Wicking base layers
• Mid layer fleece/softshell Jacket
• Spare Warm Clothing
• Waterproof Jacket

• Waterproof Trousers
• Sun Cream & Midge Repellent
• Water Bottle/Bladder (1.5-2 litre)
• Towel
• Head torch & Spare Batteries
• Orange Survival Bag & Whistle