

# School of Adventure Studies

## Bike 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 by SOAS**

#### **Personal Protective equipment:**

- Full Fingered Biking Gloves
- Protective Eye Wear

#### **In your (15-30litre) rucksack:**

- Maps and compass (Silva 4)
- Waterproof clear map case
- Emergency group shelter
- Personal/group first aid kit
- Personal/group bike tool kit
- Orange survival bag and whistle
- Drybags for waterproofing

**We can provide you with a Hire Bike that comes with the following:**

- Mountain bike
- Bike specific helmet
- Spare inner tube
- Multitool

**Not Provided By SOAS**

**As a group participant or for personal use**

- Personal mountain bike (In safe condition)
- Outdoor footwear
- Mobile phone

**Cycle specific Clothing:**

- Biking shorts
- Chamois shorts
- Waterproof jacket
- Waterproof trousers
- Wicking base layers/jerseys
- Mid layer fleece/softshell jacket
- Spare warm clothing + hat + gloves

**Nutrition:**

- Trail snacks and lunch for the day
- Water bottle/bladder (1-2 litre)

**Bike specific Parts:**

- Brake pads (specific for your brakes)
- Deraillieur hanger (specific to your frame)
- Spare inner tube (appropriate to wheel size)

**Extras:**

- Suncream
- Chamois cream
- Insect net/repellent
- Additional PPE (kneepads, elbow, ect.)
- Head torch and/or bike lights
- Relevant medications

Provided by SOAS	Not Provided By SOAS
<p><b>Personal Protective equipment:</b></p> <ul style="list-style-type: none"> <li>• Full Fingered Biking Gloves</li> <li>• Protective Eye Wear</li> </ul> <p><b>In your (15-30litre) Rucksack:</b></p> <ul style="list-style-type: none"> <li>• Maps &amp; Compass (Silva 4)</li> <li>• Waterproof clear Map Case</li> <li>• Emergency Group Shelter</li> <li>• Personal/Group First Aid Kit</li> <li>• Personal/Group Bike Tool Kit</li> <li>• Orange Survival Bag &amp; Whistle</li> <li>• Drybags for waterproofing</li> </ul> <p><b>We can provide you with a Hire Bike that comes with the following:</b></p> <ul style="list-style-type: none"> <li>• Mountain Bike</li> <li>• Bike Specific Helmet</li> <li>• Spare Inner Tube</li> <li>• Multitool</li> </ul>	<p><b>As a group participant or for personal use:</b></p> <ul style="list-style-type: none"> <li>• Personal Mountain Bike (In safe condition)</li> <li>• Outdoor Footwear</li> <li>• Mobile Phone</li> </ul> <p><b>Cycle specific Clothing:</b></p> <ul style="list-style-type: none"> <li>• Biking Shorts</li> <li>• Chamois Shorts</li> <li>• Waterproof Jacket</li> <li>• Waterproof Trousers</li> <li>• Wicking Base Layers/Jerseys</li> <li>• Mid Layer Fleece/Softshell Jacket</li> <li>• Spare Warm Clothing + Hat + Gloves</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Trail Snacks and Lunch for the day</li> <li>• Water Bottle/Bladder (1-2 litre)</li> </ul> <p><b>Bike specific Parts:</b></p> <ul style="list-style-type: none"> <li>• Brake Pads (specific for your brakes)</li> <li>• Derailleur hanger (specific to your frame)</li> <li>• Spare Inner Tube (appropriate to wheel size)</li> </ul>