

## OP - RIDES PACKING LIST

- **Requirement for Rides:** Everything from this list must be carried by the students themselves.
- **Borrowing equipment:** Items in **bold** can be borrowed from the OP store before the bag check.
- **Bag check:** students will be required to bring their fully packed bag (using the equipment list attached) to the OP store for checking.
- **Breakfast and lunch on the first day:** Day Students must bring. Residential Students will get it from the canteen.
- **Prioritise synthetic fabrics:** these are lighter, take less space, are efficient to regulate body temperature, and dry fast. Avoid cotton.
- **Sign this packing list:** on the day of picking up the equipment check if you have everything you marked on the list and confirm with your signature

Required for the trip and/or riding	Required for camping	Required for cold weathers, wind, sun
<b>Bicycle and helmet</b>	<b>Tent</b>	<b>Warm hat</b>
<b>Large backpack with hip belt and straps</b>	<b>Roll mat</b>	<b>Warm gloves/mitts</b> or cycling gloves
<b>Waterproof pack liner (big bin bags work)</b>	<b>Sleeping bag</b>	Thermal base layer for hiking and for evenings
<b>Waterproof jacket</b>	<b>Sleeping bag liner</b>	Sunglasses
<b>Waterproof pants</b>	<b>Headlamp</b> (with a set of new Batteries)	Buff or scarf for neck protection
<b>Water bottles</b> or Camelbak (2L to 3L minimum)	<b>Plate, mug, knife, fork, spoon</b>	Down jacket and/or warm fleece (not sweaters)
<b>Plastic container (for lunch)</b>	Clothing for evening (different than what you ride in)	
Cycling shoes	Flip-flop/sandals/comfortable shoes for camp	
Cycling socks (wool)	Personal toiletries and personal hygiene items	
T-shirt(s)	<b>Optional</b>	<b>Do not bring</b>
Pair(s) of light shorts	Hand Sanitising lotion	Glass items
Long sleeve shirt(s)	Phones and cameras (owner's responsibility)	Single-use plastic (e.g. plastic bottles), cans, juice boxes
Pair(s) of light pants	Personal snacks (no nuts)	Junk food (e.g. sodas, crisps, energy drinks)
Sun hat	Ziploc-type bags for containing and protecting small items	Nuts (unless authorized by OP Coordinators)
Sunscreen	Personal medication (communicate with Trip Leader)	Unnecessary, heavy, fragile items and/or valuables

By signing, I confirm that I have received all the equipment from the packing list and that I bear the responsibility if something happens to that equipment.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Rides Trip > write in CAPITAL LETTERS the trip name/date of departure: .....

### Physical Expectations:

- Expect to cycle on a range of terrains, including flat sections, gentle hills, and steeper inclines. You may also encounter uneven or rocky trails, so it's essential to stay focused on balance and technique. The variation in terrain can make some sections more physically demanding, requiring careful navigation and effort, particularly when cycling uphill or on loose surfaces.
- The ride will test both your balance and stamina. As you cycle over hills and on uneven terrain, you'll need to adjust your body position for better control. In addition, maintaining stamina throughout the ride will be important. Prepare for physical exertion and don't underestimate the impact of long rides, particularly if cycling on rough trails.
- Make sure to carry sufficient water (at least 2-3 liters) and snacks that provide quick energy, such as energy bars, fruits, or nuts. Eating small amounts of food regularly will help maintain your energy levels, especially during longer stretches of cycling.
- The trip may cover distances of [insert distance range], with planned stops along the way. These breaks will provide an opportunity to rest, rehydrate, and participate in group activities or challenges. Use these stops as a time to recharge and check your equipment for any maintenance needs.

### Mental Expectations:

- Staying focused on your surroundings is essential, particularly when navigating trails, cycling on uneven ground, or sharing roads with other vehicles. Pay close attention to trail markers, other cyclists, and any obstacles in your path. Always be mindful of safety, and practice good cycling etiquette by signaling turns and maintaining a safe distance from others.
- The trip will involve working as a team to ensure everyone's success. Offer encouragement to your fellow riders, especially during more challenging sections of the route. Teamwork is crucial, whether it's helping someone fix a bike issue or providing motivation during a difficult uphill section. Support each other by checking in regularly and maintaining a positive attitude.
- Be prepared for unpredictable weather conditions, which can range from sunshine to rain, wind, or even cooler temperatures. Pack appropriate clothing, such as a lightweight rain jacket or an extra layer for warmth, in case the weather changes. If riding in hot weather, take extra precautions for heat exhaustion by wearing breathable clothing and taking breaks to cool down. In case of rain, be cautious of slippery roads and adjust your pace accordingly.

### Acknowledgement

I have read the trip debrief above and understand the physical and mental expectations of the trip. I confirm that my medical and dietary information on LIFE is up-to-date. I agree to follow all reasonable instructions given by the staff members in charge of this trip. I have read and am aware of all Outdoor Pursuits policies.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_