Road Cycling

Kit List

Wilderness SCOTLAND

Road Cycling - Essential Items

Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure clothes are non cotton based

Upper Body

- Base layer t-shirts or cycling jerseys
- Long sleeved base layers to complement the above (such as Icebreaker or Capilene)
- Lightweight fleece jacket or gilet
- Lightweight waterproof and windproof jacket

Lower Body

- Padded Lycra cycling shorts (plus outer shorts as preferred)
- Leggings or longs for riding
- Lightweight waterproof trousers

Feet

- Bike shoes or hiking trainers
- Socks for riding
- Neoprene over shoes for colder weather rides if you get cold feet

Head and Hands

- Helmet
- Gloves (full fingered are preferred in Scotland)
- Clear-lens glasses or interchangeable sunglasses (100% UVA & UVB protection)

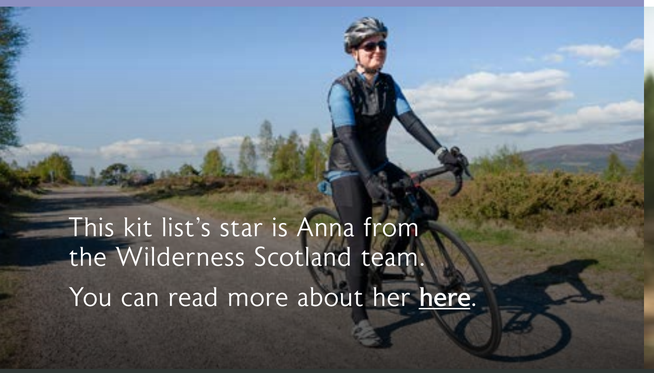
Essential Equipment to have while road cycling

- Backpack to carry clothes, equipment and food (please note if hiring a bike from us, you will receive a small handlebar bag for your essentials)
- Waterproof liner or bag for keeping your rucksack contents dry

Bring your own 25oz (750ml) water bottle or hydration bladder if using your a backpack.

H_2O

This is to reduce single use plastic and protect the planet.



This kit list's star is Anna from the Wilderness Scotland team.

You can read more about her here.

Wilderness Scotland highly recommend the products of renowned outdoor clothing manufacturer Haglofs, who keep our guides warm and dry through the seasons with their superb clothing and equipment.

Haglofs' industry-leading commitment to sustainability and the environment fits perfectly with our own ethos and their products come with a high level of functionality, good design and value for money to people who invest in an active outdoor lifestyle.

Road Cycling - Additional Items

Recommended Optional Items:

- Sunscreen and lip balm: SPF 25+
- Camera (spare batteries, memory card)
- Insect repellant
- Comfortable clothes for evening wear (casual dress code)
- Plug adaptor
- Bike lock: approved by your insurance provider
- Toiletries
- Mobile phone
- Swimming costume

Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

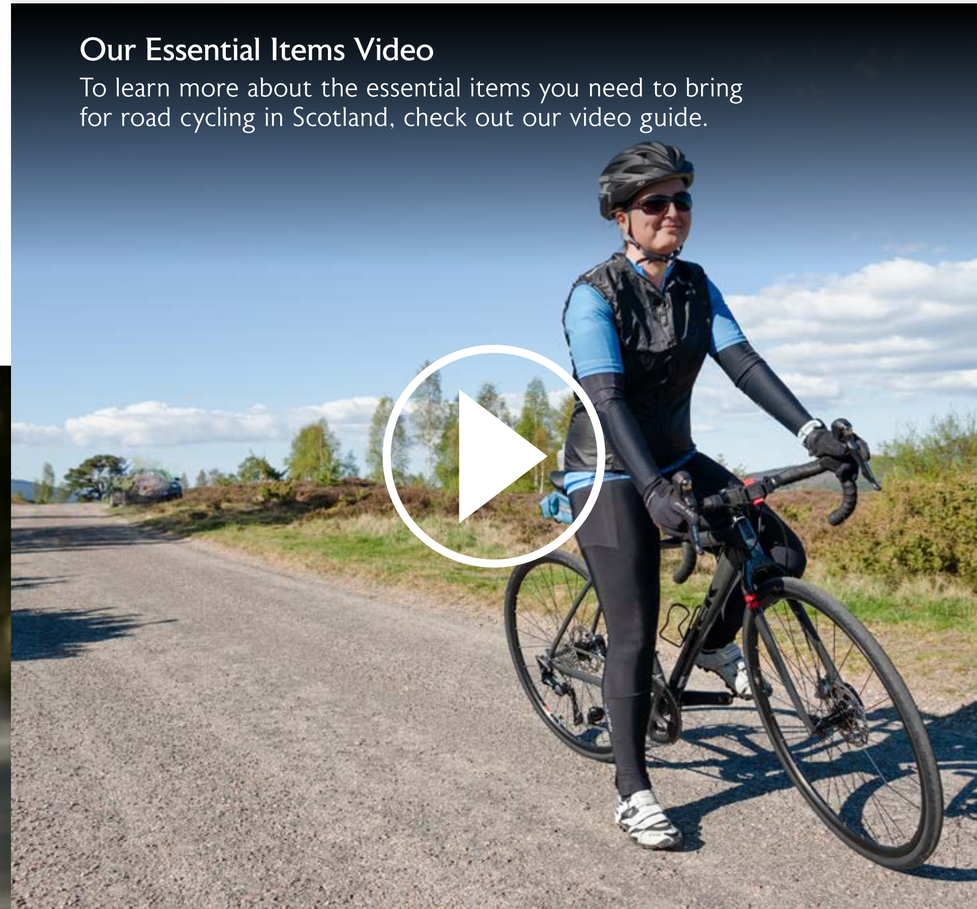
- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)

Group and Safety Equipment

Wilderness Scotland provides all group safety equipment such as first aid kit and mobile phone. These will be carried by your guide.

Our Essential Items Video

To learn more about the essential items you need to bring for road cycling in Scotland, check out our video guide.



Road Cycling - Additional Items

Bike & Spares
(not required if hiring a bike through Wilderness Scotland)

When hiring a bike from us we take care of all the details. You can be assured that your bike will be ready to ride with all spares available as required.

If bringing your own bike, this will need to be a well maintained and serviced road bike, road tourer or E-bike.

In addition, if bringing your own bike you will need to bring the following:

- Bike multi-tool inc chain tool
- Mini pump and/or CO2 canisters
- 2 x spare tubes and puncture repair kit

Because we will need to load your bike onto one of our trailers, please ensure that:

- Your rear wheel is clear of any obstructions; including lights, mudguard or panniers
- Your tyres are no wider than 45mm

Whilst our road cycling guide will carry a number of additional spares and tools, it is essential that your own bike is in excellent working order before you depart. If you are in any doubt whatsoever to the condition of your own bike, please take it to your local bike shop for a full service in advance of the trip.

Bike Hire

You are welcome to bring your own bike, however if you would prefer to avoid bike transportation or simply like the convenience of hire, we have the following options:

For our road bikes: we offer the Trek Domane AL5.

For our E-bikes: we offer the Trek Allant+5.

Each bike comes equipped with a Garmin Bike Computer - loaded with the ride information and mapping for your trip, compact handlebar bag (with map case) to carry your daily essentials e.g. camera, snacks, waterproofs plus a saddle bag with spare tube and tyre levers.

If you think that you or a travelling companion would need an e-bike to complete the trip please speak to one of our friendly adventure consultants before booking. There are a maximum of 5 e-bikes available per trip and these are strictly on a first come, first served basis.

For more information please visit:
wildernessscotland.com/road-bike-hire

Questions?

If you wish to consult the Wilderness Team about what you need for road cycling in Scotland, or seek advise on any of the items above, feel free to get in touch by **email** or call 01479 420020 or 1-866-740-3890 from North America.

Road Cycling Holidays

For our full range of Scottish road cycling holidays please check out our **website**.