



## How do I order what I need for Year 1 BSc/FdSc Strength, Conditioning and Sports Nutrition?

New full-time UK undergraduate students receive £300 of Kick-Start funds to help them get what they need for their course. Funds will be awarded once your enrolment is complete.

**Login to Kick-Start at** [www.ucb-kickstart.co.uk](http://www.ucb-kickstart.co.uk)

You will need to use your UCB email and the password you set when you did online enrolment. Your UCB email is your student ID number followed by @student.ucb.ac.uk. For example [ABC12345678@student.ucb.ac.uk](mailto:ABC12345678@student.ucb.ac.uk)

If your enrolment is fully complete but your Kick-Start funds have not yet been awarded, please see here for support: [www.ucb-kickstart.co.uk/faq](http://www.ucb-kickstart.co.uk/faq)

## What do I need for Year 1 BSc/FdSc Strength, Conditioning and Sports Nutrition?

To view the items you need to order for your course please follow the links from Kick-Start homepage or go to:

<https://www.ucb-kickstart.co.uk/resources>

Choose Department of Sport and then your course.

You will be redirected to the Kitlocker website to select the items you need. Select 'Strength, Conditioning and Sports Nutrition' along the top of the page.

It is important that you order your uniform as soon as possible after you have enrolled. Your uniform will arrive 3-5 weeks after placing your order.

The items you need to order for your course are:



Use the size guide on the at the end of this document to determine which size is suitable for you.

Once you have selected the items you need, please go to your basket.

- On the basket page please **register with your university email address.**
- On the next page please complete the billing and shipping address details
- **The payment method is pre-set as 'UCB Kick-Start payment option'**
- Click CONFIRM AND PAY when you are ready

You will be redirected to the Kick-Start website to complete your payment. Do not add anything else to your basket until your Kitlocker order has been completed.

For any queries about the Kick-Start scheme please see here: [www.ucb-kickstart.co.uk/faq](http://www.ucb-kickstart.co.uk/faq)

For any questions about your order please email: [sales@kitlocker.com](mailto:sales@kitlocker.com)

### Size Guide

#### TOPS

SIZE	CHEST SIZE	
	CM	IN
XS	96 - 91.5cm	34 - 36"
S	94 - 99cm	37 - 39"
M	99 - 104cm	39 - 41"
L	104 - 109cm	41 - 43"
XL	109 - 114.5cm	43 - 45"
2XL	117 - 122cm	46 - 48"
3XL	124.5 - 129.5cm	49 - 51"
4XL	132 - 134.5cm	52 - 53"

#### PANTS & SHORTS

SIZE	WAIST SIZE	
	CM	IN
XS	71 - 76cm	28 - 30"
S	76 - 81.5cm	30 - 32"
M	81.5 - 86cm	32 - 34"
L	86 - 91.5cm	34 - 36"
XL	91.5 - 96.5cm	36 - 38"
2XL	96.5 - 102cm	38 - 40"
3XL	102 - 106.5cm	40 - 42"
4XL	106.5 - 112cm	42 - 44"

#### How to measure yourself

- 1 CHEST**  
Measure around the fullest part of the chest making sure the measuring tape is straight and flat.
- 2 WAIST**  
Measure around the narrowest part, making sure the measuring tape is straight and flat.



### Size Guide

#### WOMENS TOPS

UK DRESS SIZE	CHEST SIZE	
	CM	IN
6	75cm	30"
8	82cm	32"
10	87cm	34"
12	92cm	36"
14	97cm	38"
16	102cm	40"
18	107cm	42"

#### WOMENS PANTS & SHORTS

UK DRESS SIZE	WAIST SIZE		HIP SIZE	
	CM	IN	CM	IN
6	55cm	22"	85cm	33"
8	62cm	24"	90cm	35"
10	67cm	26"	95cm	37"
12	72cm	28"	100cm	39"
14	77cm	30"	105cm	41"
16	82cm	32"	110cm	43"
18	87cm	34"	115cm	45"

#### How to measure yourself

- 1 CHEST**  
Measure around the fullest part of the chest making sure the measuring tape is straight and flat.
- 2 WAIST**  
Measure around the narrowest part, making sure the measuring tape is straight and flat.
- 3 HIPS**  
Measure around the fullest part of the hips, making sure the measuring tape is straight and flat.

