



Winter Weather Bicycle Commuter Tips

How to ride safely, comfortably, and have fun



Commuter cycling is practical and fun year-round



- Clothing
- Winter cycling components
- Safe riding tips

Clothing

Goal: To stay cool...



NOT LOOK
COOL!

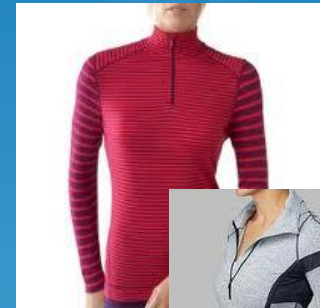
Clothing Choice—Function and fashion matter



Clothing

Core, Upper Body – Dress in Layers

- Base layer - Moisture wicking material next to skin
- Insulating layer – polar fleece or light wool sweater, preferably with a zipper
- Protective outer layer - wind-breaking, waterproof shell, preferably breathable, with vents, a zipper, and reflective



Clothing

Bottoms—every day wear or sporty

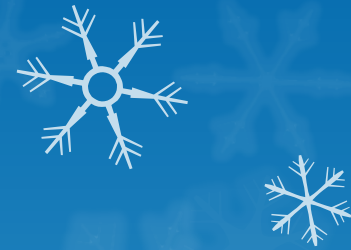
- Consider flexibility, weather resistance, and fashion
- Trousers work fine, use ankle straps to keep clean and free from chain, cover with loose fit rain pants to stay dry
- Performance thermal cycling pants offer form fit, insulation, and padded seat for comfort – preferable for longer distance, but can't wear at office



Clothing

Extremities

- Head – light weight knit cap, headband, or balaclava
- Hands – weatherproof gloves – liner and shell system is preferable
- Feet – warm socks, wear shoes with stiff soles & with weather protection



Winter Bicycle Components



1. Headlight
2. Tail light
3. Fenders
4. Mud flap
5. Weatherproof pannier
6. Saddle cover
7. Chain guard
8. Bell
9. Water bottle
10. Tool kit

BIKE LOCK



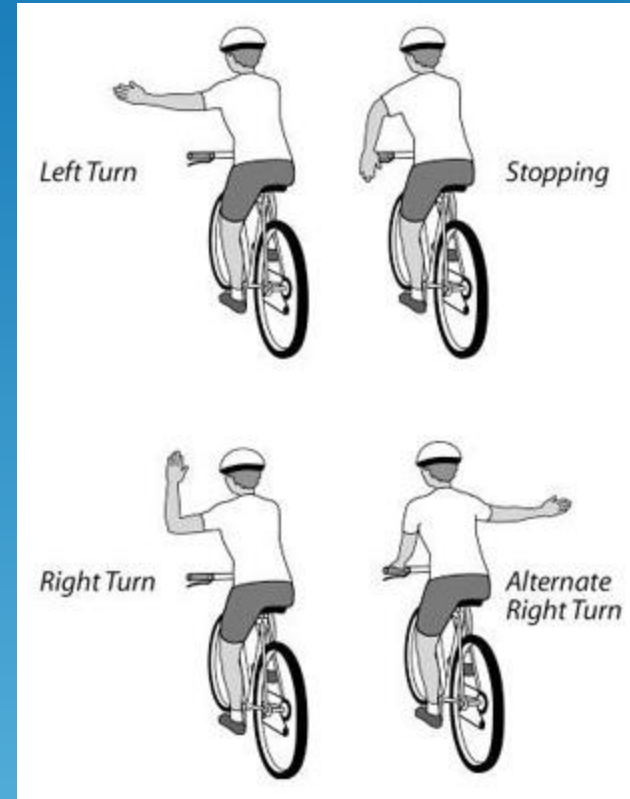
Be smart (and good looking)—wear a helmet when riding in traffic!



Be Visible—light up like a Christmas tree!



Be lawful—follow the rules of the road!



Be on top of it—maintain your bike!

- Service brakes
- Clean and lube chain and gearing
- Keep tires inflated

