



## What to Wear

***The RideSmart training rides occur early in (well, really before) the cycling season. Days are likely to be cold. Dressing properly for RideSmart training rides is enormously important to your experience. Don't wait until after you are miserably cold or uncomfortable on a ride to start thinking about how to dress properly. Think about this before the ride starts. You don't have to spend a fortune on cycling specific clothing, but you do need to prepare in advance for the varying weather conditions we're likely to face.***

- Clothing that wicks away sweat (synthetics and wool are good choices; cotton is a poor choice).
- A few light layers work better than one or two thick layers.
- Keep extremities warm: head, hands, feet. These can never be too warm in winter/early spring!
- On cold or cool days, shoe covers, full-finger gloves and a head cover are in order.
  - Don't underestimate how cold your fingers and toes can get. For cold weather rides, you want full finger gloves that are well insulated, with a "windstopper" type fabric.
  - On very cold days, you may even want to use liner gloves, or thin fleece gloves underneath your full finger gloves. Similarly, thin liner socks are a good idea underneath your heavier socks on cold days.
  - A balaclava is another good idea. As are "buffs" or other headgear that can keep your face, neck and ears covered.
- Arm warmers, and knee warmers are a good idea for in-between weather in the spring and fall. They can be folded up easily and stuffed in a pocket if the weather warms up during the ride.
- Bright colors help you be seen, and being seen is safer. Forget fashionable black, except for shorts.
- Cycling shoes are stiff in the forefoot, and more comfortable for longer rides. Sneakers are a poor choice, because they are too flexible in forefoot.
- Always ride with eye protection, such as sunglasses or cycling-specific glasses These protect your eyes from glare, dust, pebbles that shoot up, and insects that fly into you.
- Trial and error. Everyone is different. Find what works best for you, especially with varying weather.
- Practice good hygiene! Wash your clothing, especially shorts/tights, after each use. There are sports specific detergents that remove bacteria/odor from technical fabrics



Some references:

- <https://averagejoecyclist.com/how-to-dress-for-winter-cycling/>
- <https://blog.garneau.com/en/blog/this-is-what-you-should-wear-for-cold-weather-cycling>