

Cold Weather Cycling Clothing Guide

by the Staff of Bicycle Garage Indy



Temperature Range <i>Body Zones</i>	<i>Crisp</i> 70° to 55°(F)	<i>Cold</i> 55° to 40°	<i>Arctic</i> 40° and Colder
Head Your head is the most exposed, and where your body loses the most heat.	Thin Cap - Helmet Liner		
		Warm Cap w/Ear Flaps	
		Balaclava	
		Helmet Cover	
Core & Arms Compared to many outdoor activities, your core and arms are not generating heat through movement. Keeping the core dry by wearing wicking base layers and vented jacket is necessary no matter what the temperature.	Wind Vest		
	Wind Jacket		
	Arm Warmers		
	S/S Base Layer		
		L/S Jersey	
		Insulated Jacket	
Hands Keeping hands and fingers warm is important for comfort and control of you bike.	Thin Over/Under Glove		
		Wind Proof Over Mitt	
		Insulated Glove	
			"Lobster" Mitt
Legs Legs keep warm through pedaling. However, your knees need to be kept covered, especially at the start of the ride.	Knee or Leg Warmers		
	Cycling Knickers		
	Thin Tights		
		Lined/Wind Proof Tights	
		Insulated Wind Proof Tights	
Feet Protect your feet from the wind, and avoid using thick socks that result in a tight shoes.	Wind Proof Toe Covers		
	Thin, Cold Weather / Wool Socks		
		Insulated Shoe Cover	
			Winter Cycling Shoe

Other Factors To Consider

Overcast: You will always feel a little warmer on a sunny day.

Wind: Blustery days will cool you off even more.

Rain or Snow: Damp days will add to the chill, and rain and cold can create a risk of hypothermia, even with riding in temperatures as warm as the 60's.

Social vs. Workout: Are you riding casually with friends all day, or doing a short, intense workout?

Time Factor: How long will you be out riding, and can you adjust for a range of temperatures?

Choose the right fabric: You should avoid cottons, and wear wicking fabrics in the base layers close to your skin. Keeping your body dry helps you feel warmer.

Keep the fit: Avoid adding layers under your helmet and in your shoes that change their fit. A thick winter hat could cause your helmet to fit improperly, and using a thick sock can cut-off circulation, resulting in cold, aching feet.

How Do You Feel: These are guidelines, and your personal tolerance for cold can make a difference in how much **you** need to wear to feel comfortable. Experiment and be ready to be flexible; every cold weather riding experience will be unique!

Looking for more suggestions? Try Bicycling Magazine's online interactive what to wear guide: <http://www.bicycling.com/whattowear>