

## Choosing your Cycling Wardrobe

You don't necessarily need a special cycling wardrobe to get to work and back—but a few key items can make your commute more comfortable. The best way to be prepared for a whole day of commuting (ex. A cool morning ride and a damp evening ride) is to wear/pack layers.

**Jacket:** A good cycling jacket is a worthwhile investment. Your jacket should be a bright colour and offer reflectivity, impermeability, and breathability. It'll keep you warm, dry, and visible. Many modern cycling jackets are stylish and casual while offering reflective technology that is only seen when a light is shone on it. Arm-pit zips are helpful for regulating your temperature throughout your ride. Cycling specific jackets are longer on the backside to provide coverage and protection from rain and silt.

**Cycling shorts:** Padded cycling shorts can provide comfort on long rides. You can wear them under pants during winter, or on their own in the summer.

**Rain pants:** Like your cycling jacket, rain pants should be bright, reflective and breathable.

**Shoes:** Any closed-toe shoes with a stiff sole should do. During the wet months waterproof booties to go over your shoes will save you from soggy feet. If you're able to keep a dry change of shoes at work, that's ideal!

**Gloves:** Gloves are must in the colder months. You'll likely need a few options: neoprene or waterproof for wet weather, warm fleece/leather for wintery temperatures, and short-fingered summer riding gloves to cushion your palms on long rides.

**Glasses:** Cycling glasses help reduce glare and keep water, grit, and bugs out of your eyes.



## Panniers & Lights



**Panniers:** Panniers are perhaps the best piece of ‘gear’ for someone who wants to get serious about bike commuting. Sturdy waterproof models will save your laptop/lunch/clothes/valuables from getting wet during your commute. They carry the cargo weight on your bike frame so you hardly feel the load and save your back from bearing the weight. Panniers prevent you from getting a backpack-shaped sweaty patch on your back, are great for running errands and grocery shopping, and they allow for ease in shoulder checking.

**Lights:** Wearing reflective clothing and placing reflective strips/stickers on your bike will help you be seen by drivers. In addition to reflectivity, lights are another essential component to visibility—they are also required by law in BC. The Motor Vehicle Act requires a cyclist to have a front white light visible for a minimum of 150m, and a rear red light visible for a minimum of 100m. A rear reflector is also required. Lights must be used from one hour before dusk to one hour after dawn but, using them all the time while riding (like a car’s running lights) is best—especially when it’s overcast or raining.

The light you choose will be based on where and when you ride. If you ride late at night on the Galloping Goose Trail, you will need a high powered front white light that will sufficiently illuminate your path. A blinking (strobe) front light is best for when you’re riding in a well-lit downtown area at night. The strobe function is not recommended for riding on the Lochside/Galloping Goose trails at night—you don’t want to blind other cyclists and pedestrians! A rear red solid or blinking light is ideal for being seen from behind.

Many modern bike lights are USB rechargeable—just remember to plug them in!