



COLD WEATHER CYCLING



Plan

Take time to plan ahead and leave extra time to dress up with layers. Wear clothing that will keep you dry. Ensure that it is waterproof, breathable and warm.

Leave some clean dry clothing at work or bring some with you inside a plastic bag in your pannier or backpack.

Keep your head dry & warm

Layer head coverage. Use a waterproof cover, available with ear flaps and neck protectors over your helmet. Add a cap or head cover underneath the helmet, (ensuring that your helmet still fits correctly and your vision is not being impaired).

Use flat ear covers that fold up into your pocket - they fit easily under a helmet. You can use a downhill ski helmet if it's really cold out.

Cycling Never Stops

The cycling never stops in the Comox Valley. There are many ways that the Cycling Coalition riders use to stay warm and dry.

There is no such thing as bad weather, only bad clothing choices.

Remember

Layers + Breathable + Waterproof = Warm & Dry

Arms and Hands

Cut old knee length socks mid-foot & use them for arm and elbow warmers.

Keep your hands warm and dry. It makes for a much safer and comfortable ride. Many options are available. Natural fibres along with Gortex combines the best of both worlds.

Wear heavier gloves and carry an extra pair or 2 in a plastic bag.

Use gloves under windproof mittens that have the flip off fingers.

Remember that thin foot and hand warmers are wonderful and fit well inside shoes and gloves.



Protect your face & eyes

Find ways to extend your peak—a waterproof helmet cover can extend a peak, and are available with ear flaps and neck protectors to prevent rain from running down your neck and inside your jacket.

Clear glasses and ski goggles provide that extra level of warmth and protection and protect eyes from the cold air and from the winter grit that can get tossed up by other cyclists and cars.

Protect your exposed face with a barrier of moisturizer especially around eyes. Petroleum jelly can be used.

Don't forget your neck

Consider a neck warmer or cowl that you can use to pull up over your face. "Buffs" work well and can be used in many different ways. A triangle of fleece works well especially one that has a Velcro attachment that you can take off without removing your helmet or even getting off your bike.



Legs & Feet

Rain pants are a necessity but Spats or Gators provide an extra layer of waterproofing for your lower legs.

Leather or regular shoes (no mesh) and an extra pair of socks provide warmth .

Rain booties or Neoprene slippers for your cycling shoes, keep feet warmer.



Some Last Words of Wisdom

Wrap a bandanna around your wrist to deal with the inevitable nasal drip.

Carry a large green garbage bag. It has a multitude of uses if you are caught in a downpour.

Don't ride so hard that you sweat as you will get very cold if you have to stop for any reason (such as a flat tire).

Heat your water before putting it in your water bottle. It'll warm you as you sip and you can also use it as a hot water bottle tucked into your clothing. (add a slice of lemon for a nice flavour).

Know when to take shelter: If it's a heavy downpour, find a place to stop for half an hour and see if the rain eases off. Even a bus stop can provide cover.