

Dress Bright & Tight for Safety



Wear “Light, Bright, or White” clothing to make you as visible to others as possible. Some bike clothing is neon bright, but even a white T-shirt or light-colored jacket will allow you to **be more visible**.

Bicycling is more fun and safer when you're dressed properly and comfortably.

NEVER Wear Headphones You need to be able to hear approaching traffic or if something is wrong with your bicycle. Avoid headphones when bicycling.

Eye Protection Wear glasses (clear or sunglasses) to protect your eyes from sun, wind, glare, bugs, and debris.

Sun Screen is highly recommended, especially on areas that get lots of sun like the back of your neck, nose, and arms.



Tuck Away Loose Shoelaces, Pants, Jackets, and Straps that are easily caught in the chain or other moving parts and cause a crash. Loose pant cuffs can be rolled up or made snug with a rubber band, an ankle band, or by tucking them into your socks. Dangling jackets or sweatshirts should be rolled up and tied around the waist or stowed in a pack or bag.

Bike Gloves are padded for comfort and offer protection to your hands if you crash (and some have a handy bit of sweat absorbing material you can wipe across your brow). There are a variety of styles and levels of padding. Your bike shop can help you find gloves that are snug but not overly tight around the fingers.

Bicycle-Specific Clothing

Many bicyclists prefer clothing designed specifically for bicycling because it allows them to be more comfortable during rides.

- **Shorts** come in various styles and have padded seats to help prevent chafing (padded shorts will not solve an uncomfortable seat problem in all cases, but may help).
- **Jerseys** often feature pockets that can hold snacks and other essentials close at hand.
- **Jackets** offer some protection from the wind and are snug fitting so they don't flap around. Typically they have a longer cut in the back for better coverage when you are stretched out over the handlebars.
- **Bike shoes** are designed with a stiff sole that help increase your pedaling efficiency. Check out your local bike shop for help with shoe selection and fit.
- **Cold weather gear** should be made of synthetic fibers or wool. Wearing layers will allow you to subtract or add clothing as necessary. Booties to cover your feet, a good pair of gloves, and a thin hat or headband under your helmet will make cold weather riding more enjoyable.

