

Clothes & Accessories for Cycling

Below is a list of clothing and accessories that cyclists use to keep themselves warm when it's cold, cool when it's hot, and comfortable on long rides. For those new to this sport, the idea of wearing brightly colored shirts and skin-tight shorts may seem downright odd, but there are serious reasons behind these "funny looks." **(Note: we do not endorse any particular brand or type of clothing; links are strictly for illustrative purposes.)**

Clothing

Bike helmet, required for all club rides; prices vary, but ones sold today all provide required level of protection; price difference reflects number of vents, air flow, weight and other design features; once a helmet is worn in a crash, it should be replaced. The most important aspect of buying a new helmet is making sure it fits properly and is comfortable.

Balaclava/headbands http://www.aerotechdesigns.com/removable-thermal-cold-weather-hood.html?utm_source=EmailDirect.com&utm_medium=Email&utm_campaign=Continue+the+ride+Campaign (thin, fit under helmet) keep head & face warm, protect ears from wind chill; the **Headswear Scarf** <https://www.headsweats.com/categories/cycling-caps-headwear/classic/> protects against sunburn & allows sweat to drip down ties at the back of the neck

Cotton **cycling cap** or painters' cap has small front brim to protect eyes from glare and rain; thin, so fits under helmet; to use as rain hat, spray with Scotch Guard
<https://www.headsweats.com/categories/cycling-caps-headwear/cycling-caps/>

Base layer (long sleeved for winter, short sleeved or sleeveless for summer) worn next to skin, wicks away sweat; women put it over a sports bra. Wool: <https://www.smartwool.com/shop/mens-base-layers> or polyester: <https://www.rei.com/c/womens-base-layer-tops>.

Short and long-sleeved jersey, has 2-3 pockets in back to store snacks, keys, money; long front zipper preferred, to open when hot; choose bright colors for visibility to cars when riding. <https://www.aerotechdesigns.com/long-sleeve-cycling-jersey.html> or <https://www.aerotechdesigns.com/women-short-sleeve-cycling-jerseys.html>

Arm warmers, <https://www.aerotechdesigns.com/aetestarmwa.html> fit over arms to reach the short-sleeved shirt; easy to take off and store as temperature warms up during ride.

Jacket <https://www.rei.com/c/cycling-jackets> (some come with detachable hood for rain); use as windbreaker; newer ones "breath," even though water resistant, to allow some heat and perspiration to escape; choose bright colors for visibility.

Sleeveless vest has windbreaker front only, so perspiration escapes from back.

Bike shorts <https://www.rei.com/c/bike-shorts> should ideally be 8-paneled; more panels better protect skin from rubbing; seams are placed to avoid friction; the “chamois” (crotch padding) will vary in thickness among different brands – trial and error will determine what’s comfortable for you; women should not buy the cycling shorts advertised for spinning class, such as sold by DKNY – their padding is too thin for rides on the open road; most shorts are available in different inseam lengths; if you hate the Lycra look, there are mountain bike shorts with hidden spandex leg panels and good padding; shorts are worn next to your skin; never wear underwear beneath your bike shorts.

Winter-weight **long cycling tights** have wind-breaker fronts, and backs that “breathe” to allow perspiration to wick away; best have ankle zippers, to pull on/off over shoes. <http://www.aerotechdesigns.com/cycling-tights.html> These come either padded or unpadded (to be worn over cycling shorts).

Tights/Capri-style knickers/leg warmers; are worn over shorts, to protect the knee joints in weather colder than 65 degrees. <http://www.aerotechdesigns.com/female-cycling-knickers-capri.html>

Booties fit over bike shoes to protect against wind chill and cold. http://www.performancebike.com/bikes/SubCategory_10052_10551_400094_1_400000_400041

Cycling gloves are fingerless, for dexterity, and padded on the palm near the upper thumb and fingers to protect hands from constant jarring while riding; also helps to relieve pressure of putting body weight onto the hands while cycling; <https://www.aerotechdesigns.com/padded-bike-gloves.html>. There are winter-weight gloves (full fingers) and thin **glove liners**, which fit under regular cycling gloves for extra warmth: <https://www.smartwool.com/shop/womens-gloves-mittens>

If I had to choose where I’d spend my money, I would buy the best shorts I could afford. There are many different styles of chamois. You’ll find the one that’s most comfortable for you and your saddle. (If you go to a bike shop to try on shorts, this is the one exception to the no-underwear-under-shorts rule!) Other than padded shorts (or tights) and padded cycling gloves, the rest of your clothing does not have to be cycling specific as long as it keeps you warm in winter or cool in summer.

Accessories

Wrap-around **sunglasses** protect eyes from glare and road dust; should be shatter-proof and fully UV coated to protect eyes from sun exposure; always wear UV-coated glasses on rides. (If you need reading glasses to see the cue sheet or bike computer but don’t want to spend big bucks on prescription sunglasses, check out <https://dualeyewear.com/collections/cycling-sport>. The glasses have a reading diopter.)

Mussette bag (https://centocycling.com/products/uci-cycling-musette-bag-made-in-italy-by-santini?variant=6878153277476¤cy=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&gclid=Cj0KCCQiAosmPBhCPARIsAHOen-NnlpQ2dSVgdBkQdPotl6KU9P0p7DPCIG0GKCOxu0e44bKStNtxRlcaAtqPEALw_wcB) or **string back-bag** (https://www.amazon.com/Drawstring-Strings-Athletic-Lightweight-Backpack/dp/B07YDBFY8S/ref=asc_df_B07YDBFY8S/?tag=hyprod-20&linkCode=df0&hvadid=416927165220&hvpos=&hvnetw=g&hvrnd=1959316032592047023&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9067609&hvtargid=pla-870540521734&psc=1&tag=&ref=&adgrpid=97554756881&hvpone=&hvptwo=&hvadid=416927165220&hvpos=&hvnetw=g&hvrnd=1959316032592047023&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9067609&hvtargid=pla-870540521734). Small enough to fold up and stuff in a pocket or saddle bag and good to have in case you have to carry a deli lunch to the picnic spot.

Lip balm (example: Blisstex) with high SPF; carry in outside pocket and apply frequently.

Sunscreen, essential in the summer. Keep a small tube with you on the bike so you can reapply after lunch.

Chamois Crème, Bag Balm or other lubricant: applied to bike shorts chamois or, for women, can be applied directly to crotch area, to lubricate sensitive areas in contact with bike saddle; women, especially, do **not** buy mentholated chamois crème! Apply all sparingly.

Chemical Toe Warmers fit between sock and shoe for 6 hours of warmth. **Chemical hand warmers** fit between liner glove & outer glove.

Exfoliating soap can't be beat for getting road dirt and grease off in the shower; many types, from lavender stems to oatmeal

Resources

cycling **catalogues** are good sources for bike clothes, accessories and equipment; some to try are REI www.rei.com; Bike Nashbar www.nashbar.com; Colorado Cyclist www.coloradocyclist.com; Aero Tech Designs (made in USA) www.aerotechdesigns.com; Performance Bicycle www.performancebike.com; Terry (for women), www.terrybicycles.com.