

BASIC RIDING GEAR

1. **Helmet**

- Make sure that the helmet fits on top of the head, not tipped back
- Always wear a helmet while riding a bike, no matter how short the trip
- After a crash or impact on your helmet, replace it immediately

2. **Shorts**

- Bike shorts include a pad to increase comfort while in the saddle
- Tight, close fit keeps fabrics from rubbing your skin and causing irritation
- Bike shorts should be worn alone or under another pair of lightweight shorts

3. **Jerseys**

- Technical fabric of jerseys pulls moisture off of your skin to keep you dry
- Jerseys do not absorb moisture; they do not get heavy with perspiration
- On cold days, cotton will absorb water and hold it next to your skin, chilling you

4. **Shoes**

- Stiff soles of cycling shoes allow better power transmission to pedals
- Mesh vents allow air to circulate around feet keeping them dry
- Shoes are usually designed to accept cleats for clipless pedals

5. **Glasses**

- Protect your eyes from wind, dirt, debris and the sun while riding
- Your front wheel or someone else's rear wheel can shoot glass or dirt at your face
- Keep perspiration out of your glasses with a thin headband around your forehead

6. **Gloves**

- Provide padding to help increase comfort and relieve numbness while riding
- Protect your hands in the event of a fall with cycling specific gloves
- Experienced cyclists can clean glass and debris off of tires with gloves while riding

7. **Tights**

- Keep your legs warm and out of the wind with full-length tights when it's cold
- Muscles function better when they are warm and protected from the elements
- Full-length leg warmers which can be removed during a ride are also a good idea

-- League of American Bicyclists