



Winter riding - Safety & comfort

The off season is the time to build endurance and strength, so that means lots of long and often hilly rides. This is always much more fun done in a bunch (check bunch riding paper), and of course much more comfortable if kitted out appropriately. The list below is a guide to items you should have on you. You may not need everything on the clothing list. Prioritise what your comfort weakness is and dress accordingly.

Wishing you safe & happy riding and tailwinds to you!

Safety first

- Front light(s) - to be seen and to light the way
- Rear flashing light(s)
- Well maintained bike
- Check & reinflate tyres weekly (don't over inflate)
- Wipe & lube chain weekly
- Clean bike monthly and after wet/muddy rides
- Ensure puncture kit complete
- (spare tube, pump, CO2 cylinder & regulator, pitstop, \$5 note)
- ID, mobile phone and ICE details (In Case of Emergency)
- Sufficient hydration & nutrition

Comfort

- Base layer - to warm & wick away sweat
- Arm warmers- easy to roll down or tuck away in back pocket
- Windbreaker or *gillet* - Sleeveless vest that easily packs down
- Long fingered gloves
- Winter cycling socks
- Toe covers or booties
- Headband/buff/skull cap - keeps ears and head warm
- Leg warmer - can be removed and rolled up OR
- Long or 3/4 nix

You can purchase many of the above items at your friendly, local bike shop **Chain Gang**