



# BEGINNING CYCLING BICYCLE CLOTHING BASICS

## Always wear a properly fitting 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

## 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

## 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

## 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

## 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

## 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

## 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

For more  
cycling tips, visit  
[bikeleague.org](http://bikeleague.org)

