

## Basic Winter Bicycling Clothing Temperature Table

Temp	Hands	Feet	Head	Torso	Legs
60 F	fingerless gloves	light socks, shoes	helmet	jersey	lycra shorts
50 F	fingered gloves	light socks, shoes	helmet	jersey	lycra shorts, lycra tights
40 F	fingered gloves	medium socks, shoes	helmet, head band	jersey	lycra shorts, lycra tights
30 F	insulated gloves	medium socks, shoes	helmet, head band	medium poly shirt, windbreaker	lycra shorts, lycra tights
20 F	fingered gloves, pogies	heavy socks, winter shoes	light windproof poly hat, helmet	medium poly shirt, windbreaker	lycra shorts, poly long underwear, lycra tights
10 F	fingered gloves, pogies	heavy socks, winter shoes	light windproof poly hat, helmet, neck gator	heavy poly shirt, windbreaker	lycra shorts, poly long underwear, lycra tights
0 F	insulated gloves, pogies	light poly socks, heavy socks, winter shoes	light windproof poly hat, helmet, neck gator	heavy poly shirt, jersey, windbreaker	lycra shorts, poly long underwear, lycra tights
-10 F	insulated gloves, pogies	light poly socks, heavy socks, winter shoes	light windproof poly hat, helmet, neck gator, hood	heavy poly shirt, jersey, pile coat, windbreaker	lycra shorts, poly long underwear, lycra tights
-20 F	insulated gloves, pogies	light poly socks, heavy socks, winter shoes, neoprene booties	light windproof poly hat, helmet, neck gator, hood, mask	heavy poly shirt, jersey, pile coat, windbreaker	lycra shorts, poly long underwear, lycra tights, snow pants
-30 F	heavy insulated gloves, pogies	light poly socks, heavy socks, winter shoes, neoprene booties	light windproof poly hat, helmet, neck gator, hood, mask	heavy poly shirt, jersey, pile coat, windbreaker	lycra shorts, poly long underwear, lycra tights, heavy snow pants

DISCLAIMER: The suggestions made in this document are just that -- suggestions. It's a place to start. Before you put yourself in harm's way, experiment a bit. Find what works for you!

Many people have skiing experience . Try dressing as you would for skiing at that temperature and modify your gear as you see fit.

Try not to sweat too much. If you find that you are getting warm to the point of sweating, unzip or peel off a layer. Once you soak your clothing, it loses much of its effectiveness.

If you are out for a long time, bring extra gear. As you become tired, you'll be colder and you'll appreciate the extra warmth. You might bring some of those toe warmers along as well.

### What Stuff Is:

Fingerless Gloves: padded summer riding gloves

Fingered Gloves: padded fingered riding gloves

Insulated Gloves: warm fingered winter gloves

Pogies: mitts that fit on your handlebars

Neoprene Booties: an insulated layer that fits over your shoes.

light poly socks: thin sock that absorbs little moisture

medium poly socks: medium sock that absorbs little moisture

heavy poly socks: heavy sock that absorbs little moisture

winter shoes: loose fitting shoe with no venting, with ample room for movement

helmet: (duh)