

Clothing tips for bicycle commuters

There're no hard and fast rules about what you should or shouldn't wear on your bike. At the end of the day, it's about what you're comfortable in.

If you live close to work and are unlikely to get up a sweat getting there, there's no point in donning your lycra and shorts. Wear what you'd normally wear to work. If you're wearing trousers or slacks and they're at risk of getting caught up in your chain, secure them with bike clips. Also wear some suitable shoes and carry your stilettos in your pack.

For those doing distances of 10 km or more:

- Wear a T-shirt, shorts, leggings, tracksuit or lycra.
- Ensure they're brightly colored or highly fluorescent. You need to be as visible as possible.
- Where feasible, keep several jackets, changes of shoes and skirts or pants at your place of work. Alternate these every few weeks when you catch public transport, car pool or drive in. Naturally keeping them there is dependent on whether or not your workplace provides lockers and shower facilities.
- By keeping as much gear as possible at work means that all you need to bring in each day is a change of shirt and underclothing. These can be carried in your pack.
- A growing number of workplaces now provide irons however, where this isn't the case, opt for crumple-free shirts or T-shirts.
- Boots are also a good idea to travel in, in winter but make sure the soles aren't smooth and slippery. You need some traction to keep you feet on your pedals.

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