

Weather is happening!

**There's no such thing as bad weather,
only poor outfit choices.**

Cyclists must be prepared to ride in all kinds of weather. Preparations will vary with the length of your ride, the severity of weather, and expectations of presentability at your destination.

- Keep an eye on the forecast, and the windows, as circumstances change. If you're worried for any reason, walk your bike, lock up and take public transit, or catch a ride. It's always better to be safe.
- This guide is intended to introduce some gear and behavior choices for New England weather. Other environments may require different skills.
- Check your closet! you might already have some of this gear at home

Rain

- Use caution on slippery surfaces: leaves, painted pavement, metal grates or tracks. Steer around these and other obstacles
- Turn on your lights, road visibility is poor for everyone.
- Avoid puddles, they may contain hidden hazards.
- Slow down, stopping distance increases.
- Dry and lubricate your chain at trip's end.
- Look for indoor parking.
- Bring extra clothes and shoes.
- Invest in a waterproof bag, or use plastic bags to pack your things.

This isn't all! Consider this pamphlet a springboard. Go forth and browse the web or ask other bike-minded folks for their tips. In fact, the BUCK offers many opportunities to meet other bike riders:



Join other members of the BU bike Community from 8-10am Thursday mornings for caffeine and conversation



Tuesday Night Lights

drop by Tuesdays from 5-7 pm to help us distribute lights on Comm Ave from Nov-March



Classes

The BUCK hosts monthly classes to teach you more about how your bike works and how to fix it!



Movie nights and Socials

Meet other members of the BU bicycle community and watch movies, create crafts, and more



Group Rides

monthly themed group rides to help you learn to navigate your neighborhood, find shortcuts and meet other local riders



Get Involved

Bring friends on a ride, help out at the shop, organize an event!



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Riding in Inclement Weather

v2.0



Boston University Transportation Services
Cycle Kitchen

Cold Weather

- Layers, layers, layers! The ability to layer down or unzip will prevent you from arriving sweaty.
- Wear a little less than you think you need. Starting off cold will prevent you from arriving sweaty.
- Extremities are the first to get cold. Invest in gloves or mittens, a hat, and a neck gaiter or two.

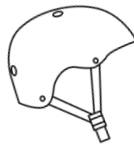
You'll need to check/pump your tires and charge your lights more often. Cold saps tire pressure and battery life, and it's dark for more of your commute. Consider carrying backup lights.

Snow

- Don't try to stop suddenly or turn on ice (or other surfaces above).
- Lanes may narrow due to snowbanks. Take the lane if you need to.
- Consider studded tires if the winter is especially icy.
- Clean chain after salt exposure, switch to a heavier duty chain lube, and use dry lube in cables/housing.
- Practice skid stopping in a parking lot.
- Plan safe alternate routes.
- Winter create additional hazards- new potholes, bumps, salt piles. Roads are not cleaned in the winter, be on the lookout for more debris than usual.
- Take caution when parking- snow plows are hungry for bikes.

Hot Weather

- Pack water, maybe electrolytes, depending on how far you're riding.
- Wear sunscreen or SPF protective garments, and when stopping, pull over in the shade if available.
- Wet shirts, bandanas, or other garments before riding to enjoy the benefits of evaporative cooling
- Backpacks make sweaty backs. Carry cargo on a rack or in a basket.
- Assume you'll get sweaty. If you need to be presentable at your destination, ride in whatever's comfortable and pack a change of clothes.
- Wear closed toed shoes to protect from hot pavement and sudden stops
- If you start to feel unwell, rest and seek alternate transit



**gear for you
and your bike**



GEAR FOR YOUR BIKE

Fenders: removable or bolt on device to protect riders from wheels spraying water

Lights and bells: let people know you're coming! BUCK provides them for the BU community. State law requires a white front light and red rear light when light/visibility is low.

Dynamo lights: lights powered by your front wheel. You never need to charge them, but it requires a special wheel.

Studded tires: on icy days, studs keep you from sliding. Otherwise they're loud and slow

GEAR FOR YOU

Rain coat/pants: water resistant garments. Get the kind with vents so you don't end up sweaty. Look for reflective stripes or bright colors to be more visible

Eye protection: clear glasses protect your eyes from sand, glass, and precipitation. Sun glasses also provide protection. Ski goggles provide a warmer option.

Gaiter: cover your neck, nose and mouth, or ears with this tube scarf or use long scarf with the ends tucked in

Liner hat/headband: a warm, thin layer that fits under a helmet without distorting helmet fit

Balaclava: a hat and scarf in one!

Winter helmet: warmer and less ventilated than a summer helmet

Gloves: water resistant, lined gloves keep your hands warmer

Mittens or lobster gloves: keeping your fingers together keeps them warmer. Lobsters are mittens with 1/3 or 2/2 finger split for more hand control

Wicking layers: pull moisture away from your body, sweat can make you cold. Avoid cotton.

Puffy: these coats or vests are warm, but wind can penetrate them easily

Quick-dry clothes: so you're not soggy all day. Synthetics and wool dry faster than cotton.

Shoe covers/boots/waterproof socks: keep your feet as dry as possible from outside, or wear plastic bags over your socks.