

## Tredyffrin Easttown Mountain Bike - Clothing

### Standard Clothing/Equipment – Required for all practices

- Helmut
- Eye Protection (Sunglasses or Clear glasses)
- Bike Jersey (with Rear Pockets – Team Jersey)
- Bike Shorts with Padded in Crotch
- Bike Glove (finger less or full finger)

### Cold Weather Recommended Clothing List

#### Bike specific items you should own

- Thermal Arm Warmers
- Neoprene toe covers (If you have clipless shoes)
- Thicker full finger gloves
- Thermal Skull Cap
- Warm Socks (Not Cotton)

#### Other warm layers

There is a ton of cycling specific clothing on the market that is great and very nice to use. For new cyclists, these items are expensive, especially if you are still figuring out the sport. In many cases regular sports clothing will do. I say “sports clothing” because it should be made of athletic synthetic fabric. Cotton should never be worn as it soaks up water and is very hard to dry. Synthetic fabrics do not hold water and dry very quickly, retaining their warming qualities during exercise.

Here are some examples and suggestions:

- Jacket/Long Sleeve Shirts - these should be form fitting and allow for free arm movement in a biking position. Fabric should provide adequate ventilation and multiple layers can be used to adjust to a wide variety of temperatures.
- Pants – Running tights can be worn over a regular pair of bike shorts. Pants should not be loose to avoid having a pant leg getting caught in a chain.

**Our season goes to the very end of October which is late for the average recreational cyclist. Once you learn how to stay warm cycling, you will be able to ride all winter. All team members will need to learn how to ride in the cold weather. Your teammates will be depending on you to anticipate the weather conditions and dress appropriately to make our group rides work.**