

This is a winter dress guide for cyclists that has been battle tested by Pussanee and I...we both hate to be cold and unlike me...she has a scant amount of body fat to insulate her.

Pussanee and I ride all winter long and are never cold. First I will address the tops and bottoms. Most people over dress for cold weather rides, down to about 25 we will wear a smart wool top and bottom under a breathable windproof jacket and wind resistant tights.

Below 15, we will add a thin synthetic long underwear under the smart wool layer and go to wind proof tights.....this set up takes us all the way below zero, don't forget you are cycling... not ice fishing....dressing too warm is a killer. It takes a little tinkering to find the best combination for each person and weather condition. Most of the winter, I just wear the thin synthetic long underwear under my windproof tights.

The hands and feet are a big problem for most people, but it can be overcome. Regular 5 finger gloves are useless below 25 degrees. From about 20 to 35 degrees we use good quality heavy Lobsters (gloves with 2 fingers and a thumb). See Example here: [Lobster Gloves](#)

Below 20 degrees the **only** way to keep your hands warm is Good Quality mittens with a hand warmer inside, you can spend \$200.00 on gloves and your hands will freeze. Mittens are your ticket to happy winter cycling and yes.... you can shift fine...road STI or mountain.

There are few good solutions for the feet without investing some money. Shoe covers with Chemical hand warmers **may** work down to about 20 degrees, but it is not ideal. If you want to give up your clip less pedals, you can wear warm hiking boots.

The Lake Winter boot will make you enjoy winter cycling: info here: [Lake Winter Cycling Boot](#) we have done rides below zero with these boots, thin wool socks, along a hand warmer in them and have been very warm. Use hand warmers in the boots, toe warmers put out about half the heat. Also buy one size larger than your summer shoe, if your boots are tight, your feet will freeze. Most folks are fine without the hand warmer, but Pussanee and I both get cold feet easily.

Also in cold weather (below 20) we wear downhill ski helmets and goggles, the helmets are very light and warm and completely cover your ears, same for the ski goggles..... Very warm and your eyes don't freeze. Plus a balaclava to keep your face warm. The ski helmets and goggles work better MTB riding in the woods, rather than road riding with cars due to peripheral vision issues.

Lastly, your Camelbak water tube will freeze without the Thermal Control Kit See info here: [Thermal Control Kit](#) if you use water bottles try an insulated one like this: [Insulated Water Bottle](#)

This Slideshow below is typical of our Winter Rides. Everyone having fun and no one cold ☺

[Winter Cycling Slideshow](#)

Thanks,

George Pastorino
Mountain Bike Coordinator