

# Bicycle Commuting In Winter

## Choose the Right Equipment

- Mountain bike
- Sturdy tires
- Fenders
- Bright light in front
- Red light in back
- Reflectors

## Emergency Kit

- Pump
- Spare tire
- Patch kit
- Extra light
- Basic tools
- Jacket
- Cell phone



## Choose the Right Clothing

- Layered clothing
- Wind jacket
- Reflective vest
- Wind pants/long underwear
- Gloves/windproof mittens
- Neck gaiter
- Warm hat under helmet
- Helmet cover with ear band