

# Winter Biking Tips

## 1. Equip Your Bike for Winter

- Install **studded tires** for improved traction on icy roads.
- Use wider tires with lower pressure to improve grip on snow.
- Apply **winter-grade lubricant** to the chain to prevent freezing.

## 2. Dress in Layers

- Wear a **base layer** that wicks moisture, a warm mid-layer, and a windproof/waterproof outer shell.
- Use **thermal tights** or waterproof pants for your legs.
- Add insulated gloves, a balaclava, or a thin hat under your helmet.

## 3. Protect Extremities

- Use **pogies** or handlebar mitts to keep hands warm.
- Wear **wool socks** and waterproof, insulated boots to avoid cold toes.
- Consider adding **chemical hand or toe warmers** for extra heat.

## 4. Use Proper Lights

- With shorter daylight hours, equip your bike with flashy **high-lumen headlights** and taillights.
- Opt for lights with **long battery life** and rechargeable options for reliability.

## 5. Stay Visible

- Wear bright, **reflective clothing** and use reflectors and reflective strips on your bike frame or helmet. "Be Seen. Be Safe!"

## 6. Adjust Your Riding Style

- Ride **slower** and avoid sudden braking or sharp turns to prevent slipping.
- Maintain a **steady cadence** and avoid quick bursts of power on icy patches or loose gravel.
- Shift your weight slightly back when braking to maintain control.

## 7. Plan Your Route

- Stick to **plowed roads** or trails with good maintenance.
- Avoid steep inclines and areas known for black ice.
- Consider bike-friendly winter trails in Kamloops like **Kenna Cartwright Park** or **Riverside Park pathways**.

## 8. Check Your Brakes

- Test brakes frequently during your ride as ice can reduce their effectiveness.
- Opt for **disc brakes** over rim brakes, as they perform better in snow and slush.

## 9. Carry Emergency Gear

- Pack a **small repair kit**, extra tube, and pump in case of a flat.
- Bring a **thermal blanket** and snacks for unexpected stops or emergencies.

## 10. Monitor Road Conditions

- Avoid icy bridges, packed snow, and puddles that might freeze over.
- Check local weather reports and trail updates before heading out.

## 11. Protect Your Face

- Use **goggles** or glasses to shield your eyes from wind, snow, and ice.
- Apply **skin balm** to exposed areas to prevent frostbite or windburn.

## 12. Keep Hydrated

- Use an **insulated water bottle** or hydration pack to prevent freezing.
- Stay hydrated, even if you don't feel thirsty in the cold.

## 13. Clean Your Bike Regularly

- Salt, slush, and debris can corrode components.
- Rinse your bike with warm water after each ride and dry it thoroughly.

## 14. Warm Up Before and After

- Do a quick warm-up indoors to increase blood flow before heading out.
- Stretch and warm up post-ride to prevent stiffness and promote recovery.

## 15. Build Your Winter Riding Confidence

- Practice on quiet, familiar routes before tackling busier streets.
- Be prepared for slower speeds and take breaks to acclimate to the conditions.

## 16. Bike Storage

- If storing your bicycle outside on a concrete pad, put a barrier (e.g., cardboard) under the tires to reduce potential damage.