

## 3 BIKERO TIPS ON HOW TO GET DRESSED ON A BIKE IN THE COLD WEATHER

You don't have to give up your favorite hobby when it is cold outside. The snow lies in most of the Czech territory only a few days a year, so there is no reason to put your bikes in the garage or cellar in November. bikero has prepared 3 basic tips on how to prepare well for the winter cold and reduced visibility.

### 1 USE FUNCTIONAL MATERIALS

One of the most common problem situations occurs when you step up a hill, sweat, and then go downhill. Instead of a great feeling from the conquered peak, you can feel the sweat cooling on your body and the blood in your veins freezing. If quality functional underwear does not support you at such a moment, you have a cold.

Cotton undershirts rang, not underestimating functional underwear is simply the basis. Remember that the purpose of the first layer of clothing is primarily to wick sweat away from the body. Merino, for example, provides such a service. Functional merino underwear from the [ENDURA](#) company bears the BaaBaa label. Sheep wool perfectly retains thermal comfort, is antibacterial and machine washable. You can choose from a number of color variants for both T-shirts and socks.



## LAYERING

Layering pays off because gradually adding or removing layers will help you stay in optimal thermal comfort at all times. If the temperature drops below 15 degrees, we recommend cyclists to reach for an [insulated cycling jersey](#) with long sleeves and pack a thin [jacket with a windproof membrane](#).



At temperatures approaching the freezing point, it is definitely good to reach for [insulated cycling jackets](#). Some are not only insulated but are also equipped with a waterproof membrane. It will keep you dry and warm during your winter ride.

### The ultimate jacket up to -5 degrees

A waterproof Castelli [Alpha](#) jacket keeps you warm up to five degrees below zero, thanks to two separate layers - thermal insulation and a protective layer against rain and wind.



Special [hand and foot covers](#) or neoprene [shoe covers](#) are great helpers against any bad weather, which take up almost no space and can be put on or off at any time.





Do not to forget full-finger [gloves](#). Variants with different degrees of insulation and windproof membranes are available. Your feet will reliably protect your merino **cycling socks**, because sheep's wool will keep your feet warm, and it is also naturally antibacterial.

### NECESSARY ACCESSORIES

The head and neck also need to be protected. Put a [hat](#) under the cycling helmet, or wear a [neck gaiter](#) it is not out of the question to reach for the **winter face mask** for the whole face. We recommend the warm antibacterial merino material that warms you up.



You can buy the [Silvini softshell gloves](#) (multiple colors) on the e-shop and in the [bikero.cz](#) stores for less than CZK 1 000.

## 3 BE VISIBLE

This is true all year round, but with the advent of winter time, it needs to be doubled: Be seen! You need to see the bike yourself, but other road users must be able to identify you in time. Therefore, the basis of bicycle equipment should be [quality lighting](#). Rechargeable headlights and taillights usually have higher brightness and durability. We can recommend, for example, lights from [Knog](#) nebo [Cateve](#).

