



Bike Commuting Gear

Here is a list of items that make commuting by bicycle much safer and more enjoyable.

HELMET

A helmet is a bargain in injury prevention. Wearing a bicycle helmet whenever you ride can reduce your risk of a serious head injury by 85%. A good helmet reduces the risk of a fatal bicycling crash to about the same level as a car driver's for the same amount of time spent at either activity (National Safety Council and H. Katteler; Minutes of the Velo-City Conference, Bremen, Germany, 1981). Make sure your helmet is snug, level, and covers your forehead. Helmets cost anywhere from \$35-150. The less expensive ones protect just as well. Higher prices tend to relate to comfort in the form of airflow, or just snazzier designs.

TOOLS

A small tool kit, tire patch kit and frame pump – and the knowledge to use them – will get you back on the road when your bike has a flat tire or other common minor breakdowns. Most on-road repairs are simple and easy to learn.

BAGGAGE

A frame-mounted water bottle lets you drink as you ride. A small handlebar bag or rack-mount bag will hold your tools, extra clothing, maps and other items. Rack-mounted briefcases are available at many bike shops.

FENDERS

Keep the dirt, water and grime off your body, so you arrive ready to work. Front and rear wheel fenders come in Hybrid/Touring or mountain bike size and cost \$30-50/set.

LOCK

Don't skimp on a lock. Bicycles with chintzy locks are easy prey for thieves. Make sure you also secure the wheels and seat. Remove anything you're your bike that you cannot lock. Locks range in price from \$10-50.

LIGHTS

A white-light headlight and a flashing red rear taillight are necessary for riding at night (and mandated by law in the state of New Hampshire—RSA 266:86: a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear visible to a distance of 300 feet). Front and rear AA or AAA battery-powered light sets are available at most area bicycle shops for \$15-30.

REAR-VIEW MIRROR

A rear-view mirror can be helpful when maneuvering in traffic. Mirrors for bicycles come in all shapes and sizes. They clip onto handlebars, plug into the ends of handlebars, mount on helmets or clip onto sunglasses. Mirrors are available at bicycle stores for \$15-\$25

BICYCLING GLOVES

Fingerless cycling gloves improve your comfort on long rides by cushioning your hands against road shock from the handlebars. They also protect your hands in case of a fall.