

Biking gear list

If you're one of those organised folk who love ticking boxes, take this list into your friendly local bike shop and they'll be happy to help you pick what's best for you. Some of the items you can get from more general stores.

Essential items

- Helmet** – these come in different shapes and sizes. Choose one that is comfy and doesn't slide around – the adjustable ones with the dial in the back are a good investment. Your head is worth it!
- Lights** – essential if you'll be riding in low light conditions, including poor weather. Choose lights that you will find easy to keep working. You can get lights with batteries, cables for charging, or built in USB plugs. We recommend getting rechargeable lights or batteries for convenience and low operating costs.
- Jacket** – having a windproof and water resistant jacket makes commuting enjoyable even in grotty weather. Remember, even if it's sunny in the morning, it might not be by evening.
- Hi-vis gear** – this doesn't need to be top-to-toe, and there are lots of options including hi-vis ankle bands, reflective tape for your bike and helmet, backpack covers, vests and lots more.
- Puncture repair kit** – if you know how to fix a puncture, make sure you have the tools you'll need, including tyre levers.

Optional items

- Lock** – if there's secure bike storage where you work you may not need a lock, but having one makes it much easier to stop off at the coffee shop, supermarket, or dentist on the way.
- Mudguards** – some bikes come with mudguards already fitted, some don't. If you want to ride in your everyday clothes, mudguards are an important investment to keep you clean and dry, making riding in any weather a lot more practical.
- Gloves** – a light pair of fleece or wool gloves is usually enough if you're not planning on riding in bad weather, or you could go with a flash pair of cycling gloves.
- Chain lube** – keeping your chain nicely lubricated in between rides will make your ride smoother and quieter, and make your bike last longer.
- Puncture resistant tyres** – if you get a lot of punctures, invest in some puncture resistant tyres.
- Backpack, basket or panniers** – all have different advantages. Backpacks can be used for a range of different purposes, sturdy bike baskets are great for popping smaller bags and gear into, and panniers are useful for bulkier gear. Some panniers can be easily removed and used as a shoulder or carry bag, while others are designed to stay on your bike.
- Baby wipes** – if you can't have a shower at work baby wipes can help you stay fresh.
- Waterproof pants** – love them or hate them, they do keep your underwear dry.
- Padded shorts** – great for keeping comfortable especially on longer rides. These come in lots of different styles and often look just like normal shorts. Alternatively, a comfortable bike seat with padding or springs can be a worthwhile investment!