



The change in season may also bring with it a new challenge for commuters. Cold, wet and snowy winters are often a deterrent to sustainable transportation options. Instead of immediately reaching for the car keys on those days where it seems like you just don't have another option, check out our winter commuting tips and commute sustainably all year long!

## Stay Informed

Be sure your cell phone is fully charged before heading out for your commute so you can stay informed about any interruptions or delays caused by winter weather.

- Sign-up for real time email and text alerts
- Follow goDCgo Twitter account @goDCgo for transportation information
- Sign up for [Metro Alerts](#) to get up to date information about delays and service interruptions

## Dress for Winter Cycling

Many people think cycling in the winter is impracticable. However, how you dress for winter cycling is the key to comfort, and it doesn't have to be expensive technical gear.

As long as you keep pedaling, the activity of cycling generates a pleasant warming from within. Hold just enough of this heat within your clothing to allow the excess to vent out and you have found the "sweet spot."

**Start out with a wicking base layer** on your torso like a synthetic, wool, or bamboo material, then a medium weight layer such as a light fleece. Finish off with a jacket.

A light windbreaker will be enough for temperatures around 40 degrees Fahrenheit and a heavier jacket can be used for temperatures around freezing and below.

**If the jacket is a bright color and/or has reflective strips**, you will be more visible to others, which is important on dull winter days and dark mornings and evenings.

**Legs should be covered completely** in the cold, but thick layers are not usually necessary. Workout pants, athletic tights, jeans or slacks are generally fine.

**Warm gloves are important**, especially when the temperature dips close to freezing, since the hands do not generate much heat when cycling and extremities can have poor circulation. Bike-specific “lobster gloves” are great for the coldest days, keeping some fingers together for extra warmth without limiting your ability to use your brakes and gears.

**If it's really cold, considering purchasing a balaclava** to keep your face warm. A thin fleece hat can also be worn, and most fit beneath a bike helmet comfortably.

**Be sure to wear your helmet** to protect yourself.

## Cycling in the Winter

Now that you know how to dress for cycling in the winter, make sure you, and your bike, are prepared with these steps:

**Wash Your Bike After Every Ride.** Riding in the snow will attract a lot of salt and dirty water to your bike. Overtime, this may cause corrosion and damage to the bike’s parts. Wash your bike, or at the very least wipe it down, as soon as you finish each ride.

**Pack Extra Gear.** Carry two pairs of gloves, one heavier and one lighter, to handle temperature shifts. A lighter pair can offer more finger flexibility, especially if you need to change a flat tire. A wool pair of socks will come in handy if you accidentally get your feet wet.

**Wear Other Sporting Equipment.** There’s no reason to go out and buy new gear if you already have some at home. Ski gloves will certainly keep you warm on the bike, and a ski helmet will keep your head warmer than most bike-helmets.

**Insulate Your Liquids.** It might be extremely cold out while biking, but you still need to stay hydrated. Stay warm by bringing hot broth or coffee on your trip in a double-insulated mug. If you bring water, keep it in your back, jersey pocket so it won’t freeze.

**Invest in Fenders.** Fenders keep slushy road spray off you and your bike, and more importantly, off the people you ride with. Attach a pair of SKS Race Blades or a similar product to your bike.

**Keep It Bright.** Daylight fades quickly in the winter, making road safety that much harder. Keep a small, rechargeable bike light on your front handle bars and invest with a light-blaring taillight so drivers know your presence.

## Other Sustainable Transportation Options in the Winter

Biking is just one of the many ways you can keep up with smart commuting in the colder months. Other options like the bus, rail, and walking are all still feasible in the winter. As long as you are prepared and well-informed, there is no reason to stop traveling sustainably.

goDCgo.com  
info@godcgo.com  
55 M St. SE Suite 400, Washington, DC 20003  
202.299.2186