

Biking to Work or School

Dressing for the Commute



MAYOR DALEY'S
*Bicycling
Ambassadors*

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Dress clothes: Basics

SUNGLASSES OR GOGGLES

To keep debris out of your eyes.

KEY HOLDER OR CHAIN

When you bike in clothes without pockets.

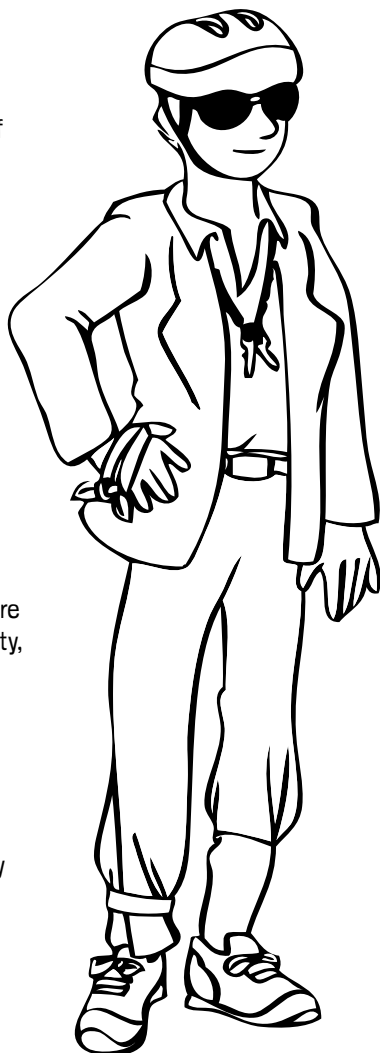
KERCHIEF

To wipe grime from bike contact, or sweat.

SLACKS

Dark colored pants are less likely to look dirty, even if they get bike grease on them.

The seat of your slacks, especially corduroy or wool fabrics, may get shiny or faded. Wear loose shorts over pants.



BLAZER OR SPORTS COAT

On cool days, wear instead of windbreaker.

BASE LAYERS AND UNDERWEAR

Synthetic fabrics, like nylon, will absorb less sweat and dry more quickly. In cold weather, wool will keep you warm even if it gets a little wet.

SHIRT OR BLOUSE

Loose enough to let air in.

CLEAN PANT CUFFS

Keep pant legs from getting dirty or caught in your chain by rolling up pant legs, using an ankle strap or tucking cuffs into your socks.

SHOES

Soles have tread to grip pedals.

Rolling to avoid wrinkles

Fold where creases are least noticeable



Roll from top to bottom.



Cleaning up at Work

No shower at work? You're not alone! In a coast-to-coast survey, over 85% of people who bike to work or school said they don't shower at their destinations. Instead, they use some of these strategies to look sharp after a ride.



1 Change clothes and clean up in a washroom. For privacy, use a toilet stall.

- > Wheelchair accessible stalls have the most room.

2 Remove your work clothes from your bag and hang them up.

- > If the stalls don't have hooks, buy adhesive ones and put them in the stalls yourself.

3 Take off your cycling clothes. It's best to hang them to dry while you work.

- > Closets with hangers or coat racks work well, or stick a few adhesive hooks under your desk.

4 Use a small towel to dry off sweat. If that's not enough:

- > Carry a washcloth or disposable baby wipes.
- > Apply talcum powder.

5 Redress in your work clothes and dive into your day feeling refreshed.

Avoid Helmet Hair by...

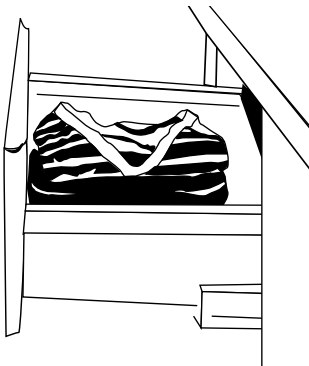
Helmets come in different shapes. Choose a helmet that fits your head shape correctly.

Shorter haircuts can make for weirder helmet hair. Avoid helmet marks by wearing a bandana or hat under your helmet.

And If that doesn't work...

Towel off and comb your hair.
If necessary, wet it or blow dry.

Keeping Clothes at Work



If you can, keep extra shoes and spare clothes at work, in case one day you forget to bring them. You may also want to keep a comb and deodorant.

tip

If you choose a dry cleaner close to your office, you can pick up your clean clothes at the beginning of the work week. At the end of the week, drop things off at the cleaners.

Choosing your route

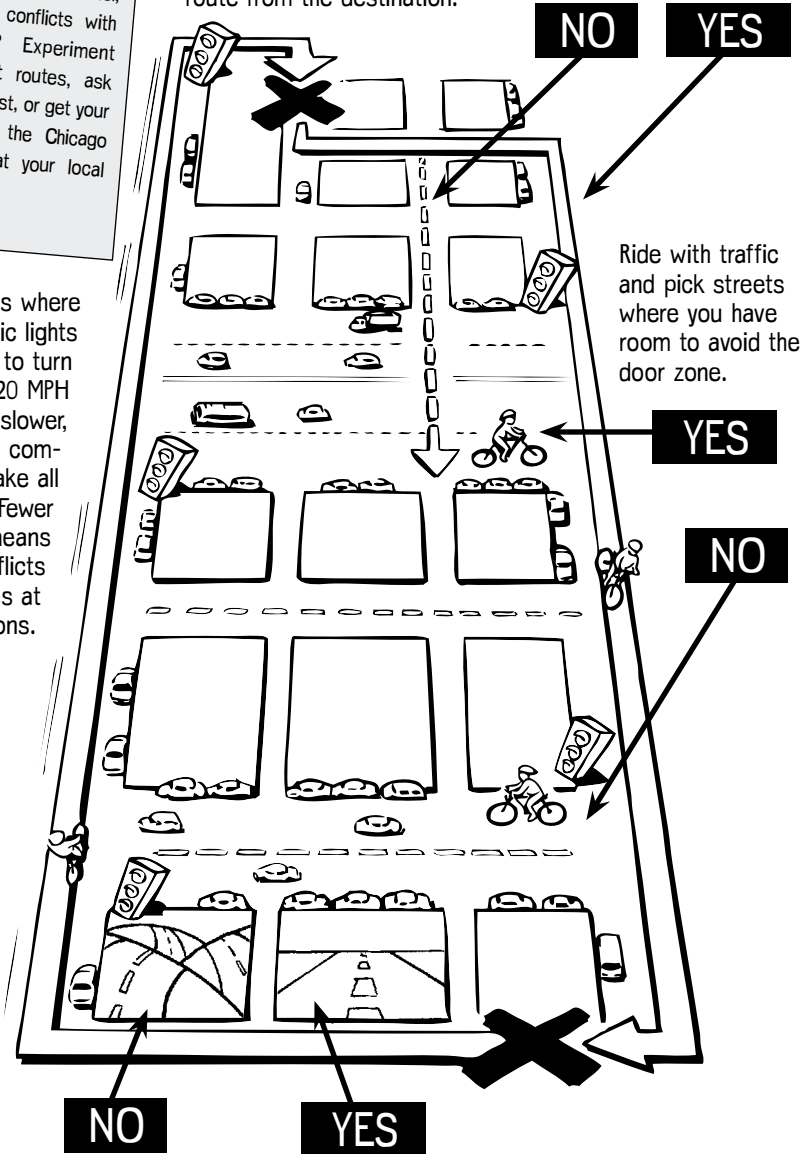
tip

Before you ride off to your destination, think about the roads you'll take: How can you make your trip easier, cutting your conflicts with automobiles? Experiment with different routes, ask another bicyclist, or get your free copy of the Chicago Bicycle Map at your local bike shop.

Find streets where the traffic lights are timed to turn green for 20 MPH traffic or slower, so you can comfortably make all the greens. Fewer red lights means fewer conflicts with vehicles at intersections.

Choose a route that lets you make as few left turns as possible. This might mean using one route to a destination, and a different route from the destination.

Cross major roads at traffic signals instead of on side streets.



When starting your ride, choose streets where you can go slowly and warm up your leg muscles before exerting them. Avoid roads where you immediately have to go fast or climb a hill.