

Biking in Hot Weather

Hot weather doesn't need to stop your commute!

Heat and humidity do, however, deserve your respect, and you need to be prepared. Staying hydrated, staying cool, protecting yourself from the sun and taking breaks as needed are all important ways to beat the heat and prevent possible heat exhaustion caused by overexposure. Follow the steps below to make your warm weather commute safe and healthy!

CHECK THE WEATHER! (the night before)



Neither rain, nor snow, nor heat nor gloom of night should stop you from making your commute.

Rain coats, shoe covers, gloves, windbreakers, and lights can help you overcome obstacles and ensure that you get to your destination on time. If the weather looks too challenging, you can find another way to work!

Stay hydrated!



The most important thing to remember when cycling in hot weather is to stay hydrated! Drinking

water is important for keeping your body working properly, even during moderate activity. Put your water bottle in the freezer the night before so that it remains cold during your morning commute.

Choose synthetics!



Synthetic clothing made out of materials like lycra and spandex are lighter weight and wick away

moisture better than natural fabrics like cotton (which can get sticky and heavy), keeping you cool!

Protect yourself from the sun!



Wear clothing that covers most of your body, including arms and legs, or wear sweat-resistant

sunscreen to avoid direct exposure to the sun. Your skin will thank you!

Keep cool!



Water works well when applied to your head, neck and wrists. Try tying a wet bandana (under your

helmet, of course) around your head to soak up sweat and keep you cool. Once at work, run your wrists under cold water for 30 seconds each to lower your core temperature and stop you from sweating!

TAKE A BREAK!



Whatever precautions you take against hot weather, there is still a chance that it can start to take a toll on

you. If you feel faint, take a rest in the shade. If you don't recover with shade and water, call a friend and get a ride. These precautions can help you avoid heat exhaustion or heat stroke, ensuring your health and safety!