

## **How to Get Ready to Bike to Work *Equipment and Preparation***

### **Helmet**

For as little as \$15 at a chain store, bicyclists can purchase a helmet designed to absorb impact. Helmets should be certified by the American National Standards Institute (ANSI) to meet safety guidelines. Newer styles have vents so air flows over the head, and some have a visor to shade eyes from the sun. When purchasing a helmet with a visor, be sure the visor can break away from the helmet in a crash.

### **Sunglasses**

Protect eyes from the sun, blowing dust and insects.

### **High-visibility Clothing**

Yellow, orange, and red are easily seen from a distance. White with reflective ink is best at dusk or after dark. Sports stores and bike shops carry inexpensive packets of peel-and-stick, reflective tape that can be used to adorn the back and sides of a bike, helmet and shoes.

### **Baby Wipes**

A few workplaces have employee showers and lockers. For those who don't, a box of baby wipes or a wash cloth and bottle of witch hazel will help bicyclists freshen up. Bicyclists can also store a quick drying microfiber camp towel (check outdoor supply stores), shampoo, a brush or comb and a mini blow-dryer, to remove fear of helmet hair.

### **Headlight**

Battery-powered white headlamps for the bike, not your head, can cost around \$30 and can increase your visibility, as do red blinking taillights. Headlights and rear reflectors are required by Arizona State law when bicycling after dark.

### **Bell or Horn**

Use a bell or horn to alert pedestrians when approaching.

### **Pack**

Sports stores stock special commuter bicycle backpacks, the day packs made for hiking or messenger bags will work too.

### **Bike Pack or Saddlebags**

Not every bicycle can be outfitted to carry these, so if shopping for a commuter bike, make sure the rear of the frame is compatible with a rack if saddlebags will be used. Any reputable bike shop will be happy to help new bicyclist determine the tools that work best.

### **Lock**

Buy a good one. An investment of \$20-\$30 can help secure the bicycle.