

## Cycling Clothing-Temperature Matrix

LaGrandeRide.com

by Brian Sather

Note: This guide is specific to Northeast Oregon which is often very arid during extreme temperatures. This allows less drastic clothing choices than in humid climates.

The information below should be examined with the following in mind:

--Wind speed or faster riding speed will amplify wind chill.

--Personal acclimatization to different temperatures will affect the amount of clothing needed.

--Each individual has a different reaction to heat and cold. These guidelines are according to the author's experience.

--Getting wet is the most dangerous situation for hypothermia, so vent properly and wear good raingear in rain or snow.

--Temperatures below zero (-18 C) are very life threatening. For these conditions, get advice from those who winter ride north of the 49th parallel.

Temp F	20 to 0	20 to 30	30 to 40	40 to 50	50 to 65	65 to 80	80+	Moisture Factor
Temp C	-7 to -18	-7 to -1	-1 to 4	4 to 10	10 to 18	18 to 27	27+	add for rain
<b>Feet</b>	Midweight merino wool socks Winter riding boots Chemical hot packs under toes	Midweight merino wool socks Winter shoe covers & toe covers Chemical hot packs under toes	Midweight merino wool socks Winter shoe covers	Coolmax socks Wind blocking shoe covers	Coolmax socks Lightweight shoe or toe covers	Coolmax socks	Coolmax socks	Always wool socks Waterproof shoe covers or waterproof boots
<b>Legs</b>	Winter bib tights with weatherproof fabric Regular bib shorts & knee warmers	Thermal bib tights Regular bib shorts under	Thermal bib tights	Bib shorts or knickers Leg or knee warmers	Bib knickers	Bib shorts	Bib shorts with lightweight fabric	Rain pants for cycling
<b>Torso/Arms</b>	Thermal base layer Thermal jersey Winter cycling jacket	Long sleeve base layer Long sleeve jersey Winter cycling jacket	Long sleeve base layer Long sleeve jersey Cycling vest	Short sleeve base layer Short sleeve jersey & arm warmers Cycling vest	Short sleeve base layer Long sleeve jersey Cycling vest	Short sleeve base layer Short sleeve jersey	Sleeveless or no base layer Short sleeve jersey	Waterproof rain jacket
<b>Hands</b>	Winter mittens or lobsters Weatherproof shells that fit over	Wind stopper gloves Weatherproof shells that fit over	Full finger gloves Warmer gloves for backup	Full finger gloves	Full finger gloves	Half finger gloves	Half finger gloves	Waterproof gloves Take backup gloves stored in a dry location
<b>Head</b>	Winter beanie Balaclava or neck gaitor	Winter cap Neck gaitor pulled over chin & ears	Headcover over ears	Skull cap	Skull cap		Headband for sweat	Cycling hat with bill
<b>Other</b>	Hydration pack under coat or narrow thermoses in pockets Studded tires in snow Rudy Project Ekynox Mask Tactical Sunglasses in snow	Polar thermal bottle with added salt in liquid Studded tires in rain/snow					Extra salt in sports drink	