



This is designed as a starting point. Some people may choose to dress warmer or cooler based on conditions or intensity of exercise. Wind or precipitation may warrant more clothing. Many items can be

Temperature Range in Degrees Fahrenheit							
Top	65+	65-55	55-45	45-37	37-32	below 32	
Jersey	x	x	x	x	x	x	You might continue to wear a jersey under other layers
Baselayer		x	x	x	x	x	
Arm Warmers		x	x				
Long Sleeve Jersey			x	x			
Thermal Jersey			x	x	x	x	
Wind Jacket				x	x	x	
Rain Jacket		x	x	x	x	x	If Raining or Wet*

Bottom	65+	65-55	55-45	45-37	37-32	below 32	Knee or Leg warmers are highly recommended below 60 to protect knees
Bibs/Shorts	x	x	x				
Knee/Leg Warmers		x	x	x			
Thermal Bibs			x	x	x		
Thermal Tights				x	x	x	

Headwear	65+	65-55	55-45	45-37	37-32	below 32	Larger helmets leave room for hats, ones with fewer vents are warmer
Cycling Cap	x	x	x				
Winter Hat			x	x	x	x	
Ear covering				x	x	x	
Face Covering					x	x	

Hands	65+	65-55	55-45	45-37	37-32	below 32	You might combine two pairs of gloves to make a warmer layer
Short finger gloves	x	x					
Thin Long Finger		x	x	x			
Windproof Glove			x	x	x		
Thermal Windproof				x	x	x	

Feet	65+	65-55	55-45	45-37	37-32	below 32	If thick socks constrict, wear thinner sock with thicker shoe covers
Regular Socks	x	x					
Wool Socks			x	x	x	x	
Thin Shoe Covers		x	x	x			
Thermal Covers				x	x	x	

Additional tips: moisture management in cold weather is key. If you dress too warm for the conditions or effort you will build up a significant amount of sweat, that moisture inhibits insulating layers from working and makes the body colder. Layer so that you can stay comfortably warm, but not too warm. Ventilate to allow excess moisture to escape. Carry a second set of gloves, hat, or even baselayer if you expect to get sweaty.