

SUGGESTIONS FOR WARM CLOTHING FOR YOUNG CYCLISTS

Cycling through the winter months can give great pleasure and added fitness and skill development, but the correct gear is needed, or it can be a very miserable experience.

As with all cold weather gear, go for layers. It's much easier to take them off as you get hot, than to stand around shivering.

Avoid cotton as it is very cooling if it gets wet from rain or sweat.

Try shops like Decathlon or Sports Direct for inexpensive baselayers. Altura (available from Wiggle and Evans and many other online shops, as well as some local bike shops), and Decathlon own brand at Lakeside, Thurrock or Canada Water (London) both do kids' sizes in cycling-specific kit.

Base layers: Go for polyester - look for fleece-backed for extra warmth. Cycling-specific may be called Roubaix fabric, but any baselayers used for football / rugby / running / netball / hockey / skiing will do.

TOPS

<http://www.sportsdirect.com/nike-pro-warm-mock-training-top-junior-427073>

http://www.decathlon.co.uk/3-ls-black-blue-base-layer-id_8217437.html

BOTTOMS

Jogging bottoms over cycling shorts will do the job, if you want sport-specific these will be good - but some will still need cycling shorts under them:

<http://www.wiggle.co.uk/ronhill-junior-pursuit-tight/>

expensive but cycling-specific, with a padded insert are these:

<http://www.wiggle.co.uk/sportful-kids-vuelta-cycling-tights/>

much less expensive:

http://www.decathlon.co.uk/performen-cycling-tights-1-jr-id_8153177.html#v1262346

GLOVES

Don't stint on gloves - cold hands mean misery! These look good:

<http://www.wiggle.co.uk/altura-kids-cresta-waterproof-glove/>

<http://www.wiggle.co.uk/sportful-vasa-kid-glove/>

It's worth trying adults' sizes in Decathlon as they go down quite small and will fit 12 year olds (maybe younger if they have big hands!)

Try skiing gloves but make sure that they have enough movement for them to be able to change gear and brake!

JACKETS

Any anorak or similar will do as long as it does not have any dangly bits, generally ski jackets may be too warm/bulky.- if you want cycling-specific/waterproof then this Altura one will do the job:

<http://www.wiggle.co.uk/altura-kids-night-vision-waterproof-jacket/>

Fleeces are good too. Decathlon do fantastic micro fleeces for a few pounds, you could wear 2 on a very cold day.: http://www.decathlon.co.uk/forclaz-50-junior-fleece-id_8189282.html#v1406611 with a cagoule over the top to keep the wind/rain out.

NECK-WARMER / BUFF

Make it a good one- it will also fit under a helmet to keep your ears warm.

<http://www.wiggle.co.uk/dhb-buff/>

Always take drinks and small sugary snacks, like jelly babies/flapjack. Calorie burning is at double speed when it is very cold, and kids get hungry quickly. A flask of hot choc if there is a break is always welcome too. Make sure that they don't arrive hungry and that they have a snack to eat immediately after the session.