



I'd like to start commuting

Commuting by bike is a great way to get regular exercise and save money at the same time.

Here's some things to think about:

▼What do you need to take with you to work?

How will you carry it? There are two, common options:

- Rucksacks are light, cheap and can carry a lot of stuff, they can be uncomfortable in hot weather, though
- Paniers lower your centre of gravity so you're more stable, but they can be expensive

▼Do you need any new clothing?

If you need to cycle in all weathers you'll need a range of clothing to match.

▼Are your lights good enough?

If you haven't done much cycling in the dark, consider:

- Buying a more powerful front light – especially if you have to use unlit roads or paths
- Using more than one rear light – batteries can run down quickly and you might not be able to tell if a rear light has failed
- Buying lights that use rechargeable batteries – if you keep them topped up, you'll know there's sufficient charge to get you there and back
- Alternatively, dynamos ensure you always have power for your lights and modern dynamo systems have a battery backup for when you're waiting at traffic lights

▼What facilities are there at work?

You'll need:

- Somewhere to leave your bike securely
- Somewhere to change clothes and – if you cycle in the wet – somewhere to dry your clothes for the cycle home
- Ideally, a place to take a shower

▼Do you have a good bike lock?

Especially if you need to store your bike in a public place. Is there somewhere to secure your bike to? - 'D' locks are the most secure but they can be heavy – perhaps you can keep one at work or at the station?

▼Find out if your company runs a cycle to work scheme

It's a legal way to buy a new bike with a subsidy from the tax man. There are a number of schemes administered by national bike shop chains (like Halfords) as well as one administered on behalf of local bike shops. These schemes are free and HMRC-approved, so there's little excuse for your company not to join one.

▼Do you need better insurance?

You household insurance might not cover you against theft while commuting.

We'd be happy to try to answer any specific questions you might have [here](#).

This entry was posted in [Help with cycling](#) by [Andy Henderson](#). Bookmark the [permalink](#).

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