Comfortable cycling in cold weather

The key is lots of layers. For easy-paced cycling you do not need specialised cycling gear. Pretty much all the clothes I wear for cycling were bought for walking.

Here is what I will wear for an easy-paced ride with forecast temperature of 3 degrees, modest breeze and 20% chance of light rain.

Upper body: vest, thermal top, warm long-sleeved shirt, knitted jumper, waterproof and windproof jacket.

Lower body: under pants, thermal bottoms, ordinary trousers, probably waterproof over trousers if rain looks imminent.

Head and neck: Cycling helmet, snood (one that can pull up and cover ears and lower face), possibly a sweat band to insulate forehead.

Hands: water and wind proof gloves (here I do use ones sold for cycling – need to be designed to allow comfortable grip of handlebars). Occasionally use surgical gloves inside regular gloves.

Feet: trainers, ordinary socks (may put on 2 pairs of socks). I have never used special ankle protectors. If I was doing a lot of wet weather cycling, might get some.

If in doubt, put on extra layers. You can usually remove a layer, but you cannot conjure up an additional layer, although you can of course carry extra layers. For example if you think rain possible but do not want to set out with a sweaty waterproof outer layer, just carry a lightweight jacket and trousers.

There is more detailed information about cycle specific gear at <https://www.cyclinguk.org/cycle/wear-cycling-winter-cold>. Looking on the web found a lot of winter clothing sites apparently mainly aiming to get you to spend a lot of money!

Later found: <https://www.cyclinguk.org/article/how-keep-your-fingers-and-toes-warm-when-cycling>, deals with hands and feet, including Raynauds.

Remember, lots of layers!