



## CYCLING FACT SHEET No. 58

# Cycling glasses, gloves & masks are useful accessories

A quick scan of the shelves and wall displays in any well-stocked bicycle store will reveal a wide range of accessories for the cyclist.

Some of these are little more than gimmicks, but there are several products that you should give serious consideration to because they can make riding a more comfortable and enjoyable experience.

Perhaps the most important of these are cycling sunglasses, that will not only protect your eyes from glare, but also dust, pollen and insects.

They come in tints such as yellow or orange that maximise visibility in low light, and the latest designs feature interchangeable lenses in a variety of tints that can be chosen to suit the prevailing light conditions.

Look for good quality cycling sunglasses that are lightweight, shatterproof and offer full UV protection.

Gloves are another item that could prove useful to even the occasional rider because they prevent chaffing, protect the hands from injury in the case of a fall, and shield them from weather extremes.

On longer road rides or any form of mountain biking, gloves can really help absorb road shock that is transmitted through the handlebars to the hands.

It is important to choose the right size to fit your hands – the action of holding the handlebars tends to push the fingers downwards and if the gloves are too small, your fingers will start to ache.

Cycling gloves come in full or half finger designs and some have gel pad inserts on the palms to increase impact absorption.

Towelling on the back of a glove is useful for wiping away excess moisture and the addition of reflective piping will increase your overall visibility at night.



If you regularly commute to and from work near major traffic routes, you may want to try a pollution filter mask.

These masks fit over the nose and mouth, and have disposable filters that remove most of the fine airborne particulate matter. A good quality mask can be bought for less than \$80. The filters cost about \$16 and need to be changed every month or so.

***This fact sheet is one of a series dealing with the use of bicycles for recreation and transport in Western Australia. The series looks at a range of cycling-related topics including ride routes, touring tips, maintenance, safety, road rules, insurance and product reviews. You can find more cycling fact sheets online at [www.transport.wa.gov.au/cycling](http://www.transport.wa.gov.au/cycling)***

Cycling Unit  
Department of Transport  
441 Murray Street, Perth WA 6000  
Tel: (08) 9216 8000  
Fax: (08) 9216 8497  
Email: [cycling@transport.wa.gov.au](mailto:cycling@transport.wa.gov.au)