



GEAR UP

The Right Clothing

There are several companies that focus on mountain bike clothing designed specifically for women's bodies. Kaden Apparel out of Vermont is a woman-owned company whose smart designs feel great while riding and are stylish enough to wear out for a beer afterwards. Owner and designer Chelsea Camarata's passion for the sport and for empowering women to get out and ride is channeled into her designs.

"The thing that sets Kaden apart is that the fit is flattering on a lot of different body types. We aim to help women feel welcomed into the mountain bike space."

I also love the fit and design of another woman-owned mountain bike apparel company, Shredly. As the first women-only mountain bike apparel company, it was also the first to offer inclusive sizing of technical gear in sizes 0-24. Gloves are also super helpful, as they wick away moisture



THE RIGHT HELMET

I highly recommend wearing a mountain bike specific helmet that includes a visor to keep the sun out of your eyes on sunny days and mud out in the rain. I am a big fan of my Smith Forefront 2 helmet. It fits great and I just feel safer when I wear it because of the lower cut in the back of the helmet that provides fuller coverage than my road helmet. But any helmet is preferable to riding without head protection.



THE RIGHT EYE PROTECTION

Smith also makes another key piece of mountain biking gear, eye protection. The Bobcat glasses are specifically designed for mountain biking and wrap around to protect your eyes from errant branches and mud. Before investing in biking-specific eyewear new riders can also swing by a hardware store and pick up a cheap pair of clear safety glasses. These work super well on cloudy and overcast days.

