

Temperature (F)	Torso								
	Shortsleeve jersey	Longsleeve jersey	Lined longsleeve jersey	Shortsleeve wicking T-shirt	Longsleeve wicking T-shirt	Heavy Mock Turtleneck	Heavy Turtleneck	Lined jacket	Heavy jacket
70									
60									
50									
45									
40									
35									
30									
25									
<25									
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Temperature (F)	Legs					Feet				
	Shorts	Lightweight Tights / Leg warmers	Heavy Tights	Winter Bib Tights		Wool Sock	Winter Shoes	Shoe Covers	Charcoal Toe Warmers	Plastic Bag
70										
60										
50										
45										
40										
35										
30										
25										
<25										
	Created by David Ertl, www.CyclesportCoaching.com									

Temperature (F)	Head				Hands			
	Headband covering ears	Lined skull cap	Balaclava		Light gloves	Medium gloves	Heavy gloves	Mittens or Lobsterclaw gloves
70								
60								
50								
45	■				■			
40	■					■		
35	■						■	
30		■					■	
25			■					■
<25			■					■
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