

Tips To Stay Visible While Cycling

Sharing the road with drivers when you're [cycling](#) can be scary, and accidents happen all the time. Unfortunately, you can't totally prevent accidents when you're cycling. But there are things that you can do to make yourself more visible when you're cycling so that it will be easier for drivers to see you. Making yourself more visible is the best way to lower your risk of getting into an accident when you're cycling. That's why experts say that in order to stay safe when you're cycling you should:

Make Your Bike as Visible as Possible

If your bike isn't already a bright neon color you can add reflective strips or small LED light strips to your bike to make it more reflective. If you often have to bike on city streets where you will be sharing the road with drivers you might want to get your bike repainted in a reflective color that will make it stand out when car lights shine on it. There are lots of options you can try to make your bike more visible and still have it look great.

Invest In Safety Gear

Safety clothing is essential for cycling. Performance gear for cycling often is made in bright neon colors to make you more visible but if you choose clothing and gear that doesn't have reflective patches on it you will need to add your own reflective patches to make it safer. Or you can buy a safety vest that you can wear over your favorite cycling clothing. Safety vests will significantly improve your visibility and they have pockets and other design features that will be very handy.

Wear A Head Lamp

A head lamp is one of the best things you can buy to make yourself more visible when you're cycling. If you don't want to wear a helmet and a separate lamp you can buy a helmet with a head lamp built into it. Head lamps will give you better visibility to see where you're going and it will make you much more visible to drivers because of the position of the light and the beam strength.

Get Bike Lights

Another way to make your bike more visible is to get lights installed on your bike. A head light and tail light will increase your visibility and make it easier for you to see where you're going. If you like to cycle at night or early in the morning when it's dark outside having lights on your bike will help you navigate the roads safely and lower your chances of being in an accident.

Make Some Noise

If you are on the road cycling and you end up in a driver's blind spot no matter how visible you are that driver won't be able to see so. When that happens it's important to be able to make some noise to let the driver know you're there. Having a horn put on your bike or

riding with noisemakers in your wheels can let drivers know you're there so that you don't get hit.

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