

Steps for a comfortable Tour

How to wear and care for your Bib Shorts

01

ENSURE PROPER FIT AND PLACEMENT

A close fit will ensure your chamois stays in place, providing you the best protection and comfort.

- Fold grippers of the bib short up when pulling shorts on. Pull your bib shorts up as far as they will go into the groin area.
- Your bib shorts should be close to your backside with no gaps between chamois and skin.
- Fold the grippers down and place them on your leg last.
- Fabric should not gather around the groin area. Tight, close fitting sizing is what we are looking for.

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02

HYGIENE ON THE MOVE

On tour, you will be in your cycling kit for the majority of that day. It is important that you maintain a hygiene routine.

- During stops use baby wipes or similar to cleanse the groin area.
- If wet or very sweaty, where possible change into dry bib shorts.
- Care for hot spots or sores as soon as they arrive.
- Consider applying an antibacterial chamois cream on longer stages.

03

END OF DAY ROUTINE

As soon as you get off the bike, take off your bib shorts - don't sit around in your bib shorts after the ride - this is where problems can start.

- As soon as possible have a shower, concentrating on the groin area - really give a good scrub and clean.
- Get your kit into the wash - ideally, a COLD wash with a good antibacterial detergent.
- DO NOT wear a dirty pair of bib shorts again.
- Leave plenty of time to dry your kit ready for the next time you ride.