

Family e-biker

When you're transporting a child by bike in autumn and winter, the priority is to keep them warm and dry. That's easiest with an enclosed child trailer from the likes of Burley or, if you have an e-cargo bike, a passenger rain canopy such as Tern's Storm Shield. Neither is affordable on a £100 budget.

If you've already been ferrying your child around by bike, you presumably have a child seat. To make that weatherproof, you need the Hamax Rain Poncho (£40, hamax.com). This covers both child and seat, similar to an adult rain cape, and it will keep off the wind as well as rain. You'll need to something bigger for a larger child on an e-cargo bike's bench seat, such as a cycling cape or rain suit.

For warmth, add one stretchy snood/neck tube under your child's helmet and another around their neck as a scarf. You can buy a pack of three Aquarius Neck Warmers from Decathlon (decathlon.co.uk) for £3.99. You can wear the third. Your child will also need warm outdoor clothing, like gloves and those padded all-in-one suits, but you likely have those already.

As you're riding an e-bike, you don't have to have cycling-specific clothing to stay warm and dry yourself. The raincoat and boots you'd wear for a wet walk will be fine as you can cruise along at an effort level that won't make you sweat. Given your precious cargo, you might want to stand out more on dull days. A Halfords Adults Hi-Vis Waistcoat (halfords.com) is £5.

E-bikes often come equipped with mudguards and lights, usually powered by the main battery, so I'm skipping over these. If your e-bike has chaincase or a belt drive you won't

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Left: Any non-peddalling passenger needs to be wrapped up warm as they won't generate heat from riding

Below: The Hamax Rain Poncho covers both child and seat, giving good weather protection



need much in the way of bike lube.

More than any other cyclist, you don't want your journeys disrupted by punctures. Schwalbe's Marathon Plus (£43.99, schwalbe.com) is approved for e-bike use and is available in a huge range of sizes. If you can't afford a pair, buy one and fit it to the rear wheel. That's more likely to puncture as it bears more weight. It's also more awkward to fix, especially if your e-bike has a rear hub motor. For the front tyre, pack some puncture repair spray – in a larger size if your e-bike has high-volume tyres.

With the bike's rear rack occupied by the child seat, front luggage to carry child-related paraphernalia would be useful. That's not feasible if £100 is an absolute limit. If you can spend a little more, a front basket that will carry around 3kg is the cheapest option. Halfords sells a wire basket for £20, Decathlon £17.99.

E-bike journey range falls in cold weather as batteries don't work as well at low temperatures. They also shouldn't be charged when they're cold, as it can damage them. For advice on looking after your e-bike battery, see cyclinguk.org/ecycle-batteries.

Family cycling essentials

- Hamax Rain Poncho £40
- Aquarius Neck Warmers (pack of 3) £3.99
- Halfords Adults Hi Vis Waistcoat £5
- Schwalbe Marathon Plus tyre £43.99
- Zefal Puncture Repair Spray, 150ml £6.99

TOTAL £99.97



E-cargo bikes like Tern's GSD generally come equipped with mudguards and lights

Right: Jim Densham. Top: Paul Hailwood. Top right: Hamax