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## How To Stop Your Glasses Fogging Up When Cycling...

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by REBECCA

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One of the biggest winter cycling problems is having your sunglasses mist up repeatedly when out on a bike ride. I often used to suffer with steamed up glasses especially when stopping at lights, or climbing long hills. As one slows down or stops, so the sunglasses mist up to the point your vision is impaired.

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De op toege:

Even worse, if you are on a local commute, you'll know what I mean. Repeated stop starts mean glasses repeatedly misting up. Once, my glasses fogged up so bad I decided to not bother wearing them. But the problem is, if you don't protect your eyes from the bitter cold, your eyes stream with tears, which inevitably causes visual impairment.

Moreover, the rest of the day you walk around like a zombie with stinging eyes and colleagues at work commenting on your blood shot eyes. Not great.

So what's the solution to this irritation? Here's two things I do now that has completely stopped my glasses fogging up on winter rides (and summer rides as well):

**1. Look for a better quality pair of sunglasses.** In winter, we just want to protect our eyes and it's easy to go for the very cheapest. But the very cheapest usually come with the cheapest plastic...plastic with steams up at the slightest slow down in pace on the bike.

As a quick tip: when you do buy a pair of sunglasses for winter riding, make sure they are "tinted" orange or yellow. You can opt for transparent, but tinted is better when it's foggy conditions. The tint helps brighten up your ride all round.

**2. Look for a quality anti fog product to put on your glasses.** I finally started using an anti fog product from the Canadian company, [www.microclairsports.com](http://www.microclairsports.com) which has been nothing short of amazing! If you go to the website it is worth a quick listen to their video page on how to apply the treatments and how it all works.

Here's a quick picture of my Anti Fog Treatment package I use, (minus the sunglasses):



Now, the product works when you apply the solution correctly on your glasses before a bike ride. You simply add a few solution drops to the inside of your glasses and wipe around with your finger, wait a minute, then polish the glasses lightly with the special microfiber cloth. You shouldn't see steam on the glasses when you breathe on them as a test. They are then ready to use.

I find that applying the solution before a bike ride is best. I apply it before every ride and it works like

Quick Poll...

Do you ONLY cycle or do you do other sports with your cycling?

Yes, I ONLY cycle and rarely do other sports.

No, I do other sports with my cycling like: triathlon and/or running, swimming.

See results

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EASycycling IS USEFUL?

a treat for my two hour bike rides...wow, no more fogged up glasses climbing hills!

What I really like about [Mircoclair Sports](#) is their **attention to detail**. Not only do you get the liquid solution, but you also get a special microfiber cloth, and a zip-up pouch bag to put it all in. I've found the little bag is essential to store away your kit and/or easily take it with you on bike rides. The little bag also comes with an outdoor karabiner style clip, so you can quickly attach or detach it from any garment if need be.

As you may know me, I don't review or back any product I've not tried and that is not top notch quality. Again, if fogged up glasses is a common occurrence for you right now, I highly recommend a quick visit to the Microclair Sports website.

**Final words:**

Don't struggle anymore with your glasses fogging up constantly. Invest in a good pair of sunglasses, as well as a good quality anti fog product *that works* and you'll be so much happier this winter!

If you found this post useful, do share with friends! I look forward to hearing your comments below...

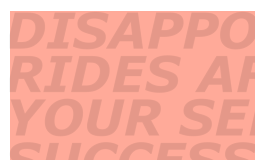
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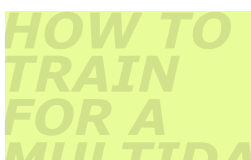
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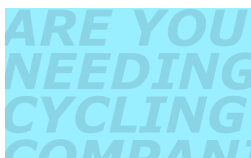
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Congratulations you are almost done...



Are You Needing Cycling Companionship?



**Rebecca Ramsay**



**Rebecca Ramsay**

A big thanks for answering the questions yesterday, - in return here is an awesome on the trails this winter..BE INSPIRED...  
<http://ultra-trail.ch/2013/11/11/winter-wonderland-video-von-philipp-reiter/>

**Winter Wonderland - Video von Philipp Reiter**  
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**BE SEEN & RIDE SAFE THIS WINTER:**



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Die weissen Hocken raiten in den bergen bereits vom Himmel. Philipp Keiter zeigt, dass man sich im mit Schneeschuhen oder Tourenski...

12 januari om 20:05



**Rebecca Ramsay**

I got a couple questions I need some feedback on:

{ 1 comment... read it below or [add one](#) }

**Philip** December 13, 2013 at 1:57 pm



No need to spend money on anti-fog solutions, a little liquid soap on the lens and a good polish stops even my swimming goggles from misting up.

REPLY

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