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www.RideWTA.com
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Shopping on Foot and By Bike

Walking and bicycling to nearby stores is a great way to pick up groceries and supplies in between major shopping trips by vehicle.

Here are a few reasons why:

- **Parking is easy.** On foot, you have nothing to park, and bicycle racks are usually located right outside the front door.
- **You get some exercise while you shop.**
- **Older children can help the family by making quick trips to the store for forgotten items.**
- **Neighborhood stores get the customers they need to thrive.** Shoppers have more choices.
- **Fewer cars on the roads mean safer streets with less noise and pollution.**
- **You save money on fuel and vehicle running costs.**





Carrying a few day's worth of groceries or picking up specific items is easy with the right accessories. You'll find a large selection at local stores.



Backpacks, Waistpacks & Courier Bags

These bags are a low cost option for walkers or bicyclists with small, light loads. They are easy to carry and can be taken into the store. Most are suitable for carrying up to 10 lbs of weight. Look for a pack or bag that has comfortable straps and provides good back ventilation.

Personal Shopping Carts

There are many carts on wheels designed for pedestrian shoppers. They look like tall baskets made of fabric and/or heavy gauge wire. All are designed to stand upright for easy loading and many fold for compact storage. When purchasing a shopping cart, look for lightweight but durable construction that hold the kinds of loads you intend to carry. Wheels should roll smoothly and not catch on uneven sidewalk surfaces.

Bicycle Baskets & Panniers

Baskets and panniers are carrying cases that attach to your bicycle. Baskets are open to the weather, easy to load, and are made of various materials: from durable metal to lightweight wicker. Baskets for carrying lighter items attach to the handlebars and some bike baskets are designed to be easily removed and carried in the store. Panniers are enclosed weather-proof bags that attach to your bike's rear or front racks. Panniers have a large carrying capacity but some designs require more effort to load or detach from the bike and carry in the store. A bicycle outfitted with metal baskets or panniers makes it easy to carry a week's worth of groceries (up to 50 lbs.) without affecting pedaling or handling.

Bicycle Racks

Racks create a flat carrying surface over the front or rear wheel on which loads can be secured with elastic straps. Racks also provide a base for attaching panniers and baskets.

Trailers

Trailers are a convenient option for bringing small children along, or for carrying heavy or awkward-sized loads. There are many different trailer designs for different needs and budgets. Ask your local bicycle retailer about the right option for you.

Correct Use of Bicycle Accessories

When attaching a rack, basket, or panniers to your bike, be sure they do not obstruct the reflectors, lights, or pedals. When loading your goods on the bike, distribute the weight evenly on both sides of the bike. The majority of the weight should go to the rear: too much weight on the front wheel makes steering difficult.

A Few Tips for Shopping On Foot & by Bike

- Shop in your neighborhood whenever possible.
- Find a route that avoids steep hills and busy roads.
- Buy less and shop more often. This is a great way to ensure you have fresh food.
- Ask local shops to arrange home delivery for bulky or very heavy items.
- Keep your bicycle tires pumped up to reduce drag.
- Ask a bike shop to evaluate your bicycle and tell you what loads you can safely carry.
- Use a good bicycle lock and take your valuables with you into the shop.
- Don't lean your bike against windows or leave it in the way of pedestrians.
- If your local store doesn't have bicycle parking facilities, ask the management to install some.

