



# Active Travel

Many people assume active travel is just about cycling from your home to your place of work, but it can be about much more than that. Put simply, it's making all or part of any journey active in any way you choose.

- Lighten the load by keeping things at your destination when you can (e.g. shoes or a second hairbrush).
- Small waterproof bags will keep your belongings safe from rain, sweat, or spillages. If you carry food, make sure you use an appropriate container.
- Lay everything out the night before for a morning trip. You will be less likely to forget something and more likely to do it even if the sky is a little grey.
- Work out where you can shower or plan ahead with useful items like dry shampoo if you think you'll need to freshen up.
- Be active for as much or as little of your journey as you want to be. Getting off the bus a stop early and walking an extra 10 minutes counts.
- Team up with a friend or colleague to motivate each other and stay accountable.
- Make sure you've got the cycling basics covered by following this advice from [British Cycling](#).

## Advice for employers and leaders:

- Consider simple things you can do to support active travel to your place of work - provide small lockers, coat hooks or a wardrobe-style cupboard.
- Have and promote an active travel policy.
- Speak to your team to find out what might be a barrier.
- If you can, offer flexible working times to avoid peak hours.
- Consider changes to your dress code if appropriate.
- Check your local area for free resources like bike checks and free cycle training and promote these to your team.
- Consider offering the [cycle to work scheme](#) if you don't already.

