



### **Commute Tips from Commute Champions**

- Sign up for and check commute applications/websites that will alert you of any changes to transit schedules. (Caltrain delays, bart delays, etc.) That way you are aware of any occurrences that will disrupt.
- Your clothing choice can be comfortable yet work appropriate and stylish. Find pieces that are lightweight but also weather appropriate. It's good to keep a spare pair of clothes at the office just in case. Sunglasses are also key for blocking sun and wind! Also pants that are more fitted or be sure to roll up loose pant legs.
- If you are trying out a new mode of transportation (transit, biking, walking) Try the route on a weekend so you are comfortable and confident.
- Invest in a good bag that can hold all your commute essentials, it's much more efficient to have one good bag than carrying multiple.
- Clipper card is extremely versatile-you can use it on BART, AC transit TransBay bus, CalTrain, and Ferry all with one card. It is also good on SamTrans/BART if there is a problem with CalTrain.
- Choose a comfortable bike with a step-through frame, fender and a chain guard: you can wear your nice work clothes and not worry about cuffs getting soiled by the chain.
- Some essential for your commute to carry with you: something to read for transit, pair of earplugs or headphones, in case you end up sitting next to someone talking on his/her cell phone, cell phone charger, a snack.
- Always have a plan B incase of emergency situations, transit delays, bad weather, or bike . Taking BART when Caltrain has a delay, utilizing emergency ride home voucher provided through Commute Alternative Program, using LYFT/Uber, can all be back options.
- Connect with your fellow commuter colleagues, its great to have a “commute buddy” and know the different ways people get to work. It makes it more fun and stress free.