

# WHAT TO WEAR RIDING



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OFF-ROAD



## HELMET

Your helmet is without question the most important piece of protection. It must fasten securely, and bear DOT, and/or Snell approval labels. Full-face helmets are recommended over openface styles for their improved protection.



## GOGGLES

Protecting your eyes is just as important as protecting your noggin, so goggles are a must when heading out on the trail. Make sure they fit inside your helmet opening, and opt for higher-quality models with a foam seal and shatterproof clear or tinted Lexan® lenses.



## JERSEY

Long-sleeved jerseys provide excellent protection from scrapes and cuts, and they keep a rider comfortable over a wide range of weather conditions. Most riding jerseys are made of materials that breathe well and stretch with normal body movements.



## ELBOW GUARDS

Further protection for your elbows and forearms comes in the form of hard-plastic, foam-lined elbow pads, worn underneath your jersey. These come in specific child and adult sizes, so make sure they fit snugly and won't slip in the event of a fall.



## GLOVES

A good pair of riding gloves not only protects your hands in the event of a fall, but also helps keep them from getting sore, tired or cold out on the trail. You'll know you have the right size when you can make a fist without difficulty, and they fit snugly without causing discomfort.



## PANTS

Riding pants, usually made of tough, lightweight nylon with stretch panels in key areas to ensure a secure fit, are another essential item. Choose pants that fit comfortably but allow ample room to accommodate knee protection (guards) underneath.



## KNEE/ SHIN GUARDS

Leg armor is key to protecting your knees and shins from bumps and bruises, so use the same principle for knee/shin guards as you did for the elbow guards: Look for specific youth or adult sizes, and be sure they fit snugly and provide complete shin and knee coverage.



## BOOTS

There's no shortage of great boots on the market offering superb protection. Look for models with adjustable, quick-release buckles (for easy entry/exit), steel-shank-supported soles (to protect your foot's arch), and a combination leather/plastic construction for optimal cushioning and comfort.



## CHEST PROTECTOR

Chest protectors help shield your chest, shoulders and back against trail 'roost' kicked up by other riders. Available in a wide range of sizes - be sure to pick one that fits securely and comfortably.



## KIDNEY BELT

While not usually considered a mandatory piece of protective gear, kidney belts are still highly recommended. Designed for both lower back and kidney support while navigating rough terrain, it's the smart choice to wear one every time you ride.