

WHAT TO WEAR RIDING



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STREET



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 strongly recommended over open face styles for improved comfort and protection. Make sure your helmet visor is high quality, shatter proof Lexan®.



JACKET

Jackets provide excellent protection from the elements and act as the first line of defense in a fall. Correct fit and armor placement are extremely important. Make sure the jacket you use allows for proper adjustment. Jackets are usually made from leather, textile, mesh, or combinations of the three. The benefit of leather is increased protection, while textile & mesh offer increased practicality.



PANTS

In a fall your knees, hips, or legs are often the first things to contact the ground. For safety from the waist down you need both abrasion and impact protection in your pants. As with all other apparel, it is extremely important that armor not move freely. Make sure your pants include padding on the hips.



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 or tired. You'll know you have the right size when you can make a fist without difficulty and they fit snugly without causing discomfort. Leather construction with a plastic knuckle is recommended.



BOOTS

Quality footwear with good ankle protection is a must. Some boots can be quite dangerous because of the sole. Make sure yours do not have deep grooves that can hang up on the pegs easily. Boots with plastic panels are recommended because they tend to slide, rather than tumble when hitting the pavement.



SUIT

The most abrasion and impact protection possible is available only with the use of a well-armoured one-piece leather suit. Correct fit is more important than anything. All armor should fit snugly in place and the leather should not move freely or fold over your skin.



SPINE PROTECTOR

Most jackets and suits come with a supplemental spine pad, but these offer a minimal amount of spine protection. CE rated spine protectors improve the level of protection as well as cover a larger portion of the back. Your CE rated spine protector should be fully adjustable at the waist and shoulders to maximize safety.

