

# Motorcycle Safety Gear: Head to toe

## MOTORCYCLE HELMET

When purchasing a new helmet, focus on your comfort, typical riding environment, and sightlines. If the helmet doesn't have a visor, be sure to invest in goggles. If you're looking at a second-hand helmet, it should be no more than 5 years old. Also inspect the lining for deterioration and the shell for cracks and dents.

## MOTORCYCLE GLOVES

Impact-absorbing gloves with armored knuckles and palms can reduce your risk of hand and wrist injuries in a fall. Gloves can also help keep your hands warm and nimble when riding in cold or windy conditions.

## MOTORCYCLE JACKET

A motorcycle jacket protects your upper body from cuts and road rash in an accident. Jackets with armored panels also protect your elbows, shoulders, and back from impact and bruising. Reflective elements are an added bonus that can make you more visible on the road.

## MOTORCYCLE PANTS

Leather or abrasion-resistant materials are an upgrade from your everyday denim, but it's worth increasing your protection even more. Panels and padding can help protect your hips, knees, thighs, and tailbone in a slide or collision.

## MOTORCYCLE BOOTS

When buying motorcycle boots, consider the type of bike you ride. Heavy soled leather boots with steel toes are great for a large cruising bike, but you may need something more flexible for a sportier motorcycle. No matter the type of boot you choose, make sure they fit snugly, keep your feet warm and dry, and are made from an abrasion-resistant material.

