

OFFROAD EQUIPMENT

» **HELMET:** An offroad full-face helmet is recommended. The lighter it is, the less strain there is on neck muscles.

» **NECKBRACE:** The neck protection system that can reduce spine injuries in the neck area to a minimum, while at the same time guaranteeing maximum freedom of movement.

» **PROTECTIVE GOGGLES** are fitted with a double lens that doesn't fog up as easily.

» A classic **MOTOCROSS CHEST PROTECTOR** or protector shirt protects your back, shoulders and upper body. **ELBOW GUARDS** are also worn and over those a **CROSS SHIRT** plus, depending on the weather, a gilet or a (waterproof, breathable) jacket. Lined jackets with integrated protectors are less suitable for tours in the summery South.

» A **KIDNEY BELT** supports and relieves the strain on your back muscles.

» **MOTOCROSS GLOVES** are best for offroad riding; gloves made from neoprene are worn in the rain.

» **CROSS PANTS** made from synthetic materials are robust, yet lightweight. Hip protectors are recommended.

» No one goes off-road without **KNEE GUARDS**.

» **ROBUST (OFFROAD) BOOTS** have prevented more than a few foot and ankle injuries. The smooth sole allows you to steady yourself when drifting.

» Tools and spare parts for fixing the most common breakdowns are carried in the **BELT BAG**. Two-stroke riders always have some oil at hand. Always carry something to drink, your driving license, vehicle documents and some local currency for stops at the village pub. Offroad riding can be very strenuous, which is why overly warm clothing (full-face road helmet, leather pants and jacket) is ill-advised for summer tours in the South.

