

Motorcycle Safety: Essential Gear for Safe Riding

Proper gear can make a significant difference in minimizing injuries during a motorcycle crash. Here's what every rider should wear:

- 1. Helmet:** Always wear a well-fitted Department of Transportation (DOT)-compliant helmet. Avoid novelty helmets with fake DOT labels, which will not protect you in a crash. Learn how to spot the difference:

<https://www.nhtsa.gov/motorcycle-safety/choose-right-motorcycle-helmet>

- 2. Protective Clothing:** Wear abrasion-resistant clothing such as a leather or textile motorcycle jacket and pants. This gear can prevent serious skin injuries in case of a slide.

- 3. Gloves:** Full-fingered gloves provide better grip and protect your hands from abrasions.

- 4. Boots:** Sturdy over-the-ankle boots will protect your feet and ankles from injuries.

- 5. Eye Protection:** Use a face shield or goggles to shield your eyes from wind, debris, and insects.

- 6. Reflective Gear:** Increase your visibility with reflective vests, strips, jackets especially at night.