

The Right Gear!



No one likes a safety talk but riding a dirt bike can be harmful to your health if you don't take the right steps and wear the Right Gear! I know gear is expensive but really when you compare it to a broken arm or any other break then it pales in comparison. The first year I got into riding I decided that I did not want to be a poser and look like a pro rider that could not ride. I therefore decided that I was going to buy cheap gear. The following year I was hooked on dirt biking and I have since gone out and bought the best gear money can buy. Do you need to do that to be safe? Certainly not but I have learned a few things in my lifetime. Firstly that if you love something like dirt biking than money is no object. If you love it as much as I do than get what you want...life is just to dam short!

best of all three.

Gear should be functional, comfortable and work. Period! I have found in my search for the perfect gear that the mid range to the top has the

Boots- When choosing boots try on a bunch of different models. Instead of looking at the price, compare the different brands and how they fit your foot. Remember boots soften out a bit and may seem too stiff at first however they will seem feel like you evening slippers. I see to many people especially beginners just using work boots or worse runners. Imagine a stick flying up off your front wheel and hitting you in your ankle. No thanks. Buy proper boots!



Helmet- The same goes for buying a helmet. This is cheap insurance. Hopefully you'll never have to use it but chances are you will. So try on lots for that proper fit. Removable liners and cheek pads allow you to keep it cleaner and fresher for longer. You can never spend too much money protecting your noggin!

Chest Protector- Too many riders have died by a simple stick that was sticking out alongside the trail that penetrated their lungs. Don't be a statistic. Wear a chest protector. Fit again is key and so trying on different brands is important.

Knee Pads- I use the Six Six One Neoprene Knee Pads and they work amazingly well. They never move are vented quite well and provide awesome protection. I have hit my knees many times and have never had a problem. I don't use the knee/shin pad as my boot protects my shin and I find that the shin pad part interferes with my boot.

Pants, Jersey and Gloves- Proper pants, jersey and gloves will keep you cooler in the heat and protect you from the small tumbles you take. We all have our favorite brands so pick what you like so you can feel like a superstar!

Hydration, Pack and Tools- You burn a huge amount of energy when out riding so drink and eat often. A Camel Bak Hydration pack is the best way to stay hydrated and load a few snacks a long with some important tools, emergency kit and anything else you may need out on the trail. When you need it you will be glad you carried!

These are just some of the items all clubs would like to see on the riders out there. It is your responsibility to look after yourself and wear the proper gear and above all **Have Fun!**