

What do I wear?

Helmet – the only piece of kit you need by law is a helmet, which must be fastened. It's worth spending time and money in choosing your helmet, it could save your life. Check the Government site for the required standards.

<https://www.gov.uk/motorcycle-helmet-law>

<https://billyscrashhelmets.co.uk/10-things-look-buying-crash-helmet/>

You should wear a jacket, trousers, gloves and boots to keep yourself safe, as well as warm and dry. Consider a decent set of waterproofs, either one piece or separate jacket and trousers. Gone are the days when a female rider had to make do with men's clothing! Most of the suppliers have a women's range, but there are a couple who sell only women's gear:

<https://www.ladybiker.co.uk/> (based in Suffolk)

<https://motogirl.co.uk/> (buy through their website and through dealers, though none in Staffordshire)

<https://www.bikestop.co.uk/ladies/all> (good range of women's gear, online and shop in Luton)

Other local dealers who sell women's clothing are:

Taylor Brothers, based in Haughton, Stafford

<https://www.taylorbrothersmotorcycles.co.uk/helmets-clothing-and-accessories>

Staffordshire Triumph, based in Tunstall

<https://www.staffordshiretriumph.co.uk/meet-the-team> (no clothing shown on website, but available in store)

Heated jackets, trousers and gloves are available from some retailers, but it's not easy to find clothing specifically for women, however, Keis do a bodywarmer:

[Keis Heated Vests | Keis Heated Bodywarmers \(keisapparel.com\)](https://www.keisapparel.com/)