

# **Rider and motorcycle preparation details**

## **Riding gear you will need,**

- A motorcycle helmet that is in good condition, we recommend a good clean visor, or goggles.
- Leather boots, motocross or touring type will do.
- Leather gloves.
- Full racing or touring leathers or, leather jacket of motorcycle riding type (not dress type), leather motorcycle pants which zip to the jacket.

## **Bike Preparation,**

- You will need some duct tape, tie wire or electrical zip ties.
- Tyres must be up to W.O.F. standard.
- Mirrors need to be removed, or taped.
- Handlebar ends need to be plugged.
- Lights and indicators to be taped (duct tape) or better still, removed.
- Side stands, passenger footrests and centre stands need to be wired up (tie wire or electrical zip ties) or taken off.
- No oil or radiator leaks - check your sump plug.
- If your sump plug has a lock wire hole drilled in it, wire it up.
- Bring some tools to prepare your bike.
- Allow enough time to do this at the track or do it the night before and trailer your motorbike to the track.
- Remember to check tyre pressures, chain tension, oil and water levels, brake fluid levels, brake pads and bring fuel.

## **Rider Preparation,**

- Bring water to drink water during the day. Water keeps you hydrated, which keeps your concentration up.