

## 【Bike and required equipments】

The following five points, including safety items, as stipulated in the Road Traffic Act are mandatory.

1. Bell	Mandatory equipment according to Japan Road Traffic Act.
2. Front lights	At least two lights with an illumination distance of 400km or more. (AJ regulation)
3. Tail lights	Red light and capable of constant lighting (flashing only is not allowed) The tail light must be firmly attached to your bicycle. *Please always switch to constant lighting mode, if another rider is behind you. Tail light attached to the back of the helmet with an illumination distance of 400km or more. (flashing allowed under AJ regulation)
4. Helmet	Mandatory
5. Reflective items	Wear the reflective vest. Reflective ankle bands and other similar items are also recommended.