CHECKLIST:

For a european motorbike journey

For motorcyclists, the lure of the continent is especially strong: long bike rides through the spellbinding Tuscan countryside; thrilling jaunts down the unrestricted sections of the German autobahn; leisurely stays at picturesque French campsites.

But if you've never embarked on a continental bike ride, there's a few preparations you should make first...

○ Choose your bike

For those with the funds, it might be tempting to upgrade to a new bike before a European tour, but you may well find you're better off with your familiar bike. When you return home you can decide if you need to invest in a new pair of wheels for your next overseas jaunt.

Prepare your bike

- O Restrict your dip beam to avoid dazzling other road users
- O Apply a UK sticker (Previously GB) and avoid a fine
- O Important documents
- O Spares, equipment and tools
- O Luggage

Wide variety of cases and roll-bags to consider for your trip.

O Bungees

To keep everything tied down.

- O Rucksack for essentials
- O Maps
- O European breakdown cover

