

Armour is a special suit made of metal.

- Knights wore armour to protect themselves in battle and in tournaments.
- Armour was usually made of metal. This meant that it was very heavy and difficult to move around in.
- Kings and other noblemen often had special armour made for them. This armour often had elaborate gold patterns and sometimes had fearsome creatures, such as lions, on it.
- The helmet was an important part of a knight's armour. It covered all of the head, including the back of the head and neck, protecting them from attacks.
- The visor was a special eye shield which could be pulled down to protect the eyes. It had small holes in it, so knights could still see.
- The breastplate, or cuirass, protected the chest from weapons. They were held together with leather straps and buckles.
- Chainmail was worn underneath a suit of armour, as an extra layer of protection.
- Chainmail was made of thousands of tiny metal rings, all looped together. It was very strong but extremely heavy.
- Gauntlets were metal gloves, which knights would wear to protect their hands.
- It was very hard to use weapons while wearing gauntlets.

