

## **WHAT DO I WEAR WHEN I COME TO MY RIDING LESSON??**

- ✓ **LONG PANTS OR JEANS**  
Pants or jeans that are three to four inches too long are perfect for western riding. Pant legs tend to "ride up" during a lesson and the extra length will protect your legs from rubbing on the saddle. Some students like to wear "breeches" for English riding lessons. These are knit pants that have no inner leg seam and have an inner knee patch for added protection against chafed legs.
- ✓ **BOOTS**  
Boots or shoes that completely enclose the foot are required for handling our horses. The boots or shoes need to have a heel that is between ½ and 1½ inch in height. The sole needs to be fairly smooth without deep tread that could get caught in a stirrup. No tennis shoes or platform shoes allowed for riding!
- ✓ **TALL SOCKS**, or socks that at least rise above the tops of your riding boots will protect your legs from chafing.
- ✓ **FITTED SHIRT OR BLOUSE**  
Shirts, blouses or t-shirts that are so long that they are sat on while seated must be tucked in. Tops that are too baggy can get caught on the saddle and also must be tucked in.
- ✓ **RESTRAINED HAIR**  
Hair needs to be kept out of a rider's face. Long hair should be pulled back into a low ponytail or low braids to fit under a helmet.
- ✓ **EQUESTRIAN SAFETY HELMET**  
Bicycle helmets or other types of helmets are not permitted. Equestrian helmets are designed and tested to provide a rider protection from the kinds of injuries that can occur specifically in horse-related accidents. If you do not own your own helmet, Havendell Farm will provide one for your use.
- ✓ **PROPER UNDERGARMETS**  
Undergarments that provide maximum support or protection will make your riding experience more enjoyable. Keep in mind that riding can be a bouncy or jarring experience.
- ✓ **SUNBLOCK AND INSECT REPELLENT**  
These are optional but can protect a rider from the negative effects caused by insect stings and bites and over exposure to the sun.

### **WHAT NOT TO WEAR!**

- ✓ No dangly jewelry such as bracelets, neck chains and ear rings.
- ✓ Long fingernails will not last long! Short fingernails are safer.

**If you have any questions regarding the above information, please ask!!!**