

SUGGESTIONS FOR THE RIDE:

- Dress in layers.
- Make sure horses have the opportunity to drink before starting up the trail.
- Allow horses to drink if there is water available on the trail.
- Bring or wear hats and sunscreen to prevent heat exhaustion or sun stroke.
- Check all tack and equipment before leaving home and before starting on the trail.
- Safety helmet use is an individual and parental decision, but is highly recommended.

DON'T FORGET:

- Tie red ribbons in horses' tails that kick.
- Don't bring dogs.
- Maintain space between you and the next horse.
- Stay with the group - if you intend to leave, tell someone!
- Do not run past others. This has a tendency to scare some horses and could cause problems for riders with less experience than you.
- Stay on the designated trail.

SUPPLIES FOR RIDERS:

Current health papers
Sunglasses
Sharp knife and/or all-in-one pocket tool
Cell phone for emergencies
Lip balm
A form of identification
Sunscreen
First aid kits for horses and riders
Tissues or toilet paper
String or leather for tack repair
Snacks
Compass
Gloves
Rain gear
Hoof pick
Jacket
Water for horse and rider
Water proof matches
Insect Repellent
Hat