

## Riding Apparel

The following items facilitate both safety and proper riding form (equitation).

- An ASTM-approved riding helmet – sufficiently snug to move the rider's scalp. Please label your child's helmet.
- Boots with heels. Cowboy boots or leather lace-up paddock boots are acceptable for beginner riders. Rubber riding boots are totally unacceptable and are banned from Anchorage Farm. (The rider cannot get his/her heels down in the proper position with rubber boots because rubber boots are inflexible.) Serious intermediate and advanced students should purchase high-top riding boots.
- Long pants. Leggings or knit pants are more comfortable than jeans. Jeans chafe at the knees and restrict the rider's seat position. Kids' riding breeches are available at local tack stores for a reasonable price and are very professional looking.
- Riding gloves. Local tack stores have a variety of gloves for riding. Please label all clothing - especially gloves. Gloves are not worn for warmth, appearance or to protect the hands. They are worn because they enable the rider to better communicate with his horse through the reins.
- A close fitting upper garment (shirt in the summer, coat/sweater in colder weather) enables the instructor to better see the rider's body so that he/she can teach proper equitation. A close-fitting vest is thus an effective aid to the instructor.

### **Centaur Rising**

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## Winter Riding Apparel

Many children would be far more comfortable horseback riding in the wintertime if they were properly dressed. (As parents ourselves, we know how hard it can be to get kids to wear warm things.)

Please make sure you label everything with your child's name!

- Long underwear or polar fleece breeches. Sweat pants slipped over other pants can provide a lot of warmth in the event of unexpected cold.
- Thinsulite riding gloves.
- An adequate close fitting coat.
- A close fitting warm sweater or polar fleece jacket/vest.
- Winter, ski-type socks.
- Boots of adequate size to accommodate sufficiently warm socks (possibly more than one pair of socks). Inexpensive children's' lined winter boots, suitable for playing in the snow will do. (Your child probably has a pair already.)
- Since a warm head is also important, some students successfully wear a lightweight stocking cap under their helmet. Give it a try!

It is not necessary to spend a lot of money to keep your child warm. He/she probably has most of the above items already. Just make sure everything is labeled with his/her name and that he/she takes it to the stable. You may also bring a covered storage box to keep your child's things at the stable.